

MARY ANN JEAN TAN PARTIMONIO M.D., FPCP, FPSAAI
Internal Medicine - Allergy and Clinical Immunology
St. Paul's Hospital, Iloilo City

Name: MOSQUERA, MARY JUN

Date: 3-5-25

Food Allergens

Seafood

1. Alamang
2. Crab
3. Clam
4. Lobster
5. Oyster
6. Scallop
7. Shrimp
8. Squid
9. Green Shell

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Meat and Dairy

10. Beef
11. Chicken
12. Cow's Milk
13. Egg Yolk
14. Egg White
15. Pork

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Fish

16. Bangus
17. Cod Fish
18. Dilis
19. Galunggong
20. Mackerel
21. Salmon
22. Sea Bass
23. Tilapia
24. Tuna

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Fruits

25. Apple
26. Avocado
27. Banana
28. Cherry
29. Coconut
30. Cranberry
31. Grape
32. Lemon
33. Mango
34. Melon
35. Orange
36. Papaya
37. Pineapple
38. Raspberry
39. Strawberry
40. Tomato
41. Watermelon

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PEAR

Vegetables

42. Beans String
43. Broccoli
44. Cabbage
45. Carrot
46. Cauliflower
47. Celery
48. Corn
49. Cucumber
50. Eggplant
51. Garlic
52. Ginger
53. Lettuce
54. Mushroom
55. Olives, Green
56. Onion
57. Pea, Green
58. Peanut
59. Pepper, Black
60. Pepper, Green
61. Potato, White
62. Potato, Sweet
63. Radish
64. Soya Bean
65. Squash

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Nuts

66. Almond
67. Cashew Nut
68. Pecan Nut
69. Walnut

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Others

70. Chocolate
71. Coffee
72. Malt
73. Oat
74. Rice Grain
75. Vanilla
76. Wheat

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TEA

Mary Ann Jean Tan Patrimonio MD

★ donot eat for atleast 6mths

MARY ANN JEAN TAN PATRIMONIO M.D., FPCP, FPSAAI
 Internal Medicine-Allergy and Clinical Immunology
 St. Paul's Hospital, Iloilo City

Name: MOSQUERA, MARY JUN

Date: 8-5-25

Aeroallergens

Indoor Allergens

1. Cat's Hair
2. Cotton Linters
3. Dog's Hair
4. Housedust Mite
5. Kapok
6. Mixed Feathers
7. Mixed Molds

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Insects

8. Cockroach Mix
9. Fire Ants
10. Moth
11. Mosquito

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Trees

12. Acacia
13. Coconut Pollen
14. Ipil Ipil
15. Mango Pollen

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Weeds

16. Makahiya
17. Pigweed
18. Wild Daisy

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Grasses

19. Amor seco
20. Bermuda
21. Carabao Grass
22. Cogon
23. Corn Pollen
24. Foxtail
25. Johnson Grass
26. Koro Korosan
27. Rice Pollen
28. Yard Grass
29. Tobacco Leaf

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Remarks : (+) FOOD – Do not eat for 6 months

Mary Ann Jean Tan Patrimonio MD