

Interpretation of CLA[®] Test Results Moderate Food Panel

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Test results from the CLA-1[™] Luminometer are provided in Luminometer Units (LU), which are in turn grouped into Class results. Classes are assigned "Class 0," nondetectable specific IgE, to the highest class, "Class 4," which correlates to very high levels of specific IgE.

<u>Class 0</u>	<u>Class 1/0</u>	<u>Class 1</u>	<u>Class 2</u>	<u>Class 3</u>	<u>Class 4</u>
Nondetectable	Very Low	Low	Moderate	High	Very High

Food allergy testing by any method may show positive responses in the absence of clinical allergy. Current wisdom is that if a food allergy test is positive but the individual has no symptoms when eating that specific food, there is no need to eliminate it from the diet. Relationship of food allergy to specific symptoms needs to be reproducibly present upon ingestion. Do not food challenge with a known food allergen that has induced any serious systemic effects. Serious untoward reactions with food may be due to a mechanism that does not involve food allergen specific IgE. (*Advice from Vivian Saper, MD, FAANA*)

<u>Category</u>	<u>Allergen</u>	<u>Comments</u>
Most Common	<input type="checkbox"/> Milk.....	Common food allergen especially in young children. Often outgrown by later pre-school years. Not to be confused with lactose intolerance.
	<input type="checkbox"/> Egg, Whole.....	Common allergen, especially in young children with atopic dermatitis.
	<input type="checkbox"/> Peanut.....	Legume that is highly allergenic. Low positives may be significant.
	<input type="checkbox"/> Soybean.....	A legume. Common food allergen in young children. Often outgrown.
	<input type="checkbox"/> Almond.....	Tree nut. May cross-react with other tree nuts. Often independent of peanut allergy.
	<input type="checkbox"/> Shellfish Mix.....	Clam, crab and shrimp. Can be highly allergenic. May acquire this allergy at any age including as an adult.
	<input type="checkbox"/> Tuna.....	Can be associated with other flat fish allergy. The process of canning tuna may remove the allergen giving a false sense of safety for eating the fresh product. Caution is advised.
Proteins	<input type="checkbox"/> Beef.....	May cross-react with cow's milk. Low levels often not clinically significant.
	<input type="checkbox"/> Chicken.....	May cross-react with hen's egg. Low levels often not clinically significant.
	<input type="checkbox"/> Pork.....	Unusual as a food allergen.
Grains	<input type="checkbox"/> Wheat.....	Since grass is also a grain, patients allergic to grass pollen may have cross-reactive lower positive IgE tests to grains that are foods. If such a patient has no symptoms when eating the grain food, then clinical allergy is not present and the item need not be eliminated from the diet...
	<input type="checkbox"/> Rice.....	
	<input type="checkbox"/> Corn.....	
	<input type="checkbox"/> Oat.....	
	<input type="checkbox"/> Barley.....	
Vegetables	<input type="checkbox"/> Bean, White.....	A legume. May cross-react with other legumes.
	<input type="checkbox"/> Garlic.....	Unusual as a food allergen
	<input type="checkbox"/> Onion Mix.....	Unusual as a food allergen
	<input type="checkbox"/> Potato.....	Unusual as a food allergen
	<input type="checkbox"/> Vegetable Mix.....	Broccoli, green pepper, tomato and zucchini. Structural proteins may cross-react with other non-food plant allergens.
Fruits	<input type="checkbox"/> Apple.....	Structural proteins may cross-react with pollen allergens especially in the apple peel.
	<input type="checkbox"/> Orange.....	Unusual as a food allergen
	<input type="checkbox"/> Tomato.....	Structural proteins often cross-react with other non-tomato allergens such as grass pollen.
Other	<input type="checkbox"/> Yeast, Bakers.....	Unusual as a food allergen
	<input type="checkbox"/> Chocolate.....	Chocolate in confections often contains other allergens such as nuts or milk.