

✓ GENERALLY SAFE FRUITS



Apples



Blueberries



Pears



Oranges



Lemons



Strawberries
(may vary by person?)



Berries (like-raspberries may



Peachs
(some people may tolerate)



Plums



RISKY FRUITS (MAY TRIGGER LATEX ALLERGY)



Bananas



Avocados



Kiwis



Papayas



Pineapples



Melons (Cantalope, honeydew)



Passion fruit



Cherries



Figs

⚠ Note: Everyone is different. Some people may react to “safe” fruits or tolerate some “risky” ones, Always test with caution and under medical advice.