

ORAL ALLERGY SYNDROME

Foods associated with **ALDER or BIRCH** pollen allergy:

- apple, apricot, cherry, fig, kiwi, lychee, peach, nectarine, pear, plum, prune
- strawberry, persimmon
- carrot, celery, fennel, green pepper, parsnip, potato, tomato
- almond, hazelnut, walnut
- sunflower seeds
- beans, lentils, peanut, peas, soybean
- basil, chicory, dill, marjoram, oregano, parsley, tarragon, thyme
- anise, caraway, coriander, cumin, paprika, pepper

Foods associated with **GRASS** pollen allergy:

- kiwi, melon, orange, watermelon
- fig, date
- pea, potato, tomato
- peanut

Foods associated with **MUGWORT** pollen allergy:

- apple, melons, orange, peach, watermelons
- carrot, celery, fennel, green pepper, onion, parsnip, tomato
- sunflower seeds
- basil, chamomile, dill, marjoram, oregano, tarragon, thyme
- anise, caraway, coriander, mustard, paprika, parsley, pepper

Foods associated with **RAGWEED** pollen allergy:

- banana
- cantaloupe, honeydew, watermelon
- cucumber, zucchini

*Note: Ragweed cross-reactions possible to chamomile, echinacea & honey but not part of the oral allergy syndrome phenomenon but rather due to being in the same botanical family.

Here are some interesting facts about the foods that can trigger “Oral Allergy Syndrome”:

- The allergy factor which links the pollens and the foods is not that of being related by botanical family.
- Raw foods are more apt to cause a reaction than cooked foods.
- Storage also decreases allergenicity.
- Some varieties of the same fruit, eg. apple, may be tolerated.
- Not due to chemicals or insecticides
- Allergy tests may be “negative” unless fresh extract is used in testing.
- Most often seen in adults and is usually NOT outgrown