

## FOOD-POLLEN ALLERGY SYNDROME

(also known as Oral Allergy Syndrome)

There are certain foods that, if eaten during allergy season, can make your seasonal allergy symptoms worse. Interestingly, some sources report that this affect can be reduced or eliminated if the food is cooked, rather than eaten raw.

On the other hand, having seasonal allergies can cause you to have (or seem to have) one or more minor food allergies. This happens because your body can mistake the food as pollen, and trigger what is called a cross-reaction. This may cause itchiness and tingling of the lips, mouth, tongue, or throat. The outline below can help you determine which foods may make your seasonal allergies worse.

- Grass Pollen
  - Melon
  - Tomato
  - Orange
- Birch Pollen (Tree)
  - Almond
  - Apple
  - Apricot
  - Carrot
  - Celery
  - Cherry
  - Coriander
  - Fennel
  - Hazelnut / Filbert
  - Kiwi
  - Lychee
  - Nectarine
  - Orange
  - Parsley
  - Parsnip
  - Pear
  - Pepper
  - Persimmon
  - Plum
  - Potato
  - Prune
  - Soy
  - Wheat
  - Walnut
- Alder Pollen (Tree)
  - Almonds
  - Apple
  - Celery
  - Cherry
  - Hazelnut / Filbert
  - Peach
  - Pear
  - Parsley
- Mugwort Pollen (Weed)
  - Carrot
  - Celery
  - Coriander
  - Fennel
  - Parsley
  - Pepper
  - Sunflower
- Ragweed Pollen
  - Banana
  - Cantaloupe
  - Cucumber
  - Zucchini
  - Honeydew
  - Watermelon
  - Chamomile tea