

ALLERVISION | *Oral Allergy Syndrome Reference*

Pollen/food cross-reactivities important in Oral Allergy Syndrome (OAS)

Alder

- **Nuts, seeds, herbs:** almonds, parsley, hazelnuts
- **Fruits:** apples, cherries, peaches, pears, strawberry, raspberry
- **Vegetables:** celery

Birch

- **Nuts, seeds, herbs:** almonds, chicory, coriander, fennel, hazelnuts, parsley, parsnips, soy, wheat, walnuts (potentially)
- **Fruits:** apples, apricots, avocados, bananas, cherries, fig, kiwi, nectarines, peaches, pears, peppers, plums, prunes, strawberries
- **Vegetables:** carrots, celery, potatoes

Grass

- **Fruits:** figs, melons, tomatoes, kiwi, peaches
- **Vegetables:** celery

Mugwort Pollen

- **Nuts, seeds, herbs:** coriander, fennel, parsley, sunflower seeds
- **Fruits:** peppers
- **Vegetables:** carrots, celery

Ragweed

- **Nuts, seeds, botanicals, herbs:** echinacea, dandelions, hibiscus, chamomile tea, sunflower seeds
- **Fruits:** banana, cantaloupe, cucumber, honeydew, watermelon, tomatoes
- **Vegetables:** zucchini, artichoke

Molds (Possible Cross-Reactions)

- **Fungi:** mushroom
- **Vegetables:** spinach

Possible cross-reactions to any of the above

- **Nuts, seeds, herbs:** peanut
- **Fruits:** berries (strawberry, blueberry, raspberry, etc.), grapes, mango, figs, pineapple, pomegranates, watermelon

Latex Rubber

- **Nuts, seeds, herbs:** chestnuts
- **Fruits:** banana, avocados, kiwi, papaya