

Oral allergy syndrome – pollens and cross-reacting foods

Season	Spring	Summer	Late Summer-Fall	Fall
Pollen implicated in the oral cross-reactivity reactions with foods	Birch	Timothy and orchard grass	Ragweed	Mugwort
Fruit				
<i>Pitted fruit</i>				
Apple	X			
Apricot	X			
Cherry	X			
Peach	X	X		
Pear	X			
Plum	X			
<i>Melons</i>				
Cantaloupe			X	
Honeydew			X	
Watermelon		X	X	
<i>Other</i>				
Banana			X	
Kiwi	X			
Orange		X		
Tomato		X		
Vegetables				
Bell pepper				X
Broccoli				X
Cabbage				X
Carrot	X			
Cauliflower				X
Celery	X			
Chard				X
Cucumber			X	
Garlic				X
Onion				X
Parsley	X			X
White potato		X	X	
Zucchini			X	
Spices				
Aniseed				X
Caraway				X
Coriander				X
Fennel				X
Black pepper				X
Legumes*				
Peanut	X			
Soybean	X			
Nuts*				
Almond	X			
Hazelnut	X			

*Mouth or throat itching from peanut, soybean, almonds and hazelnuts may also be an initial manifestation of a more serious food allergy with the potential for anaphylaxis. See an allergist / immunologist if such symptoms are noted.