

THE CROSS-REACTORS

TREE POLLEN *(Typically birch and alder)*

Fruits: Apple, apricot, cherry, fig (still being studied), kiwi, lychee, nectarine, pear, plum, peach, prune, persimmon, strawberry

Vegetables: Beans, carrot, celery, green pepper, potato, tomato, parsnip, peas

Nuts: Almond, hazelnut, walnut

Spices: Anise, basil, dill, caraway, chicory (early evidence only), coriander, cumin, fennel, marjoram, oregano, parsley, paprika, pepper, tarragon, thyme

Other foods: Lentils, peanut, soybean, sunflower seeds

GRASS POLLEN

Fruits: Date, fig (still being studied), kiwi, melons, orange, tomato, watermelon

Vegetables: Peas, potato

Other foods: Peanut

RAGWEED POLLEN

(pollinates in autumn)

Fruits: Banana, melons (e.g. cantaloupe, honeydew), watermelon

Vegetables: Cucumbers, zucchini

MUGWORT POLLEN *(More common in Europe and Asia)*

Fruits: Apple, melons, orange, peach, tomato, watermelon

Vegetables: Carrot, celery, green pepper, onion, parsnip

Spices: Anise, basil, caraway, coriander, dill, fennel, marjoram, mustard, oregano, paprika, parsley, pepper, tarragon, thyme

Other foods: Chamomile, sunflower seeds

Reviewed by Dr. Antony Ham Pong
Please note a person who has OAS won't likely react to all related foods, but the chart may help identify foods that are triggers.