



Food and Allergy Cross-Reactivity

What does cross-reactivity mean? Those who have an allergy to inhalants can also experience allergic symptoms from specific foods. This means that individuals with reactions to specific allergens can also have a reaction after ingesting different foods that contain either the same allergen, or an allergen with a very similar protein structure. Cross-reactivity can either be strong or weak depending on the individual. If you have one or more of the allergies listed below then try to avoid their related food items:

Allergy

Birch/Alder/Hazelnut

May be Associated with:

Apples, carrots, cherries, pears, peaches, plums, fennel, walnuts, potatoes, spinach, wheat, buckwheat, peanuts, honey, celery, kiwi, hazelnut, anise, fennel, coriander, and cumin

K.O.T. (grasses)

Kentucky Blue Grass

Orchard Grass

Timothy Grass

Potatoes, melons, tomatoes, watermelon, kiwi, oranges, cherries, peanuts, apples, carrots, celery, oats, rye, barley, wheat, and vanilla beans

Ragweed

Melons (especially watermelon), chamomile, cucumbers, cantaloupe, honey, bananas, lettuce, sunflower seeds, and sunflower oil

Dust Mites

Shrimp and snails

Latex

Avocados, potatoes, bananas, tomatoes, chestnuts, kiwi, herbs, and carrots

Peanuts

Legumes, wheat, and corn

Lamb's Quarter

Beets and spinach

Cocklebur

Sunflower seeds and sunflower oil

For more information please visit www.nosecare.com