

Cross Reactions Between Food and Environmental Allergens

Having seasonal allergies may increase a person’s likelihood of having certain food allergies and vice versa. The following table shows potential cross reactions that should be considered when evaluating a person with environmental allergies. Start by assessing reactions to the “most common” foods, and consider “other” foods if symptoms do not improve.

Environmental Allergen		Fruits	Vegetables	Herbs & Spices	Others
Grasses (Poaceae)	Most Common	melon, orange, watermelon	chard, tomato		rye, wheat
	Other	peach [†]	celery*, white potato [†]		Canola/rapeseed*, olive*, sunflower seed*
<i>Bermuda*</i> <i>Timothy*</i>	Most Common		celery		
	Other	melon, peach, watermelon	bell pepper, broccoli, cabbage, cauliflower, chard, onion	coriander/cilantro, fennel, parsley	chamomile, sunflower seed
Mugwort (<i>Artemisia vulgaris</i>)	Most Common		carrot, celery	coriander/cilantro, fennel, parsley	chamomile, sunflower seed
	Other	melon, peach, watermelon	bell pepper, broccoli, cabbage, cauliflower, chard, onion	anise, basil, caraway, dill, garlic, marjoram, mustard, paprika, black pepper, oregano, tarragon, thyme	almond, hazelnut, walnut
Latex Over 50% of people with latex allergy have other types of allergies ²	Most Common	avocado, banana, kiwi, mango, melon, papaya	tomato		chestnut
	Other	apple, apricot, fig, orange, passion fruit, peach, pear, pineapple, strawberry	carrot, celery, white potato	dill, oregano, sage	buckwheat, peanut, soybean, walnut
Ragweed (<i>Ambrosia artemisiifolia</i>)	Most Common	apple, banana, cantaloupe, honeydew, melon, watermelon			chamomile, honey, stevia, sunflower seed
	Other		celery, cucumber, white potato, zucchini		
Tree Pollen (Esp. birch and alder) Over 50% of people with birch allergy have cross-reactivity with some fruits and vegetables ⁶	Most Common	apple, apricot, cherry, peach, nectarine	carrot, celery	cilantro, coriander, parsley	
	Other	banana, fig, kiwi, lychee, pear, persimmon, plum, prune, orange, strawberry	green pepper, parsnip, peas, spinach, tomato, white potato	anise, basil, caraway, chicory, cumin, curry powder, fennel, marjoram, oregano, paprika, pepper, tarragon, thyme	almond, buckwheat, chestnut, hazelnut, honey, peanut, soybean, walnut, wheat

For more information on cross reactions between foods, please refer to IFM’s [Cross Reactions Between Foods](#) handout.

References

- American Academy of Allergy Asthma and Immunology. Latex allergy. <https://www.aaaai.org/conditions-and-treatments/allergies/Latex-Allergy>. Accessed January 16, 2020.
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