



Oral Food Allergy Syndrome

Oral allergy syndrome, also known as pollen-food syndrome, is caused by cross-reacting allergens found in both pollen and raw fruits, vegetables, or some tree nuts. The immune system recognizes the pollen and similar proteins in the food and directs an allergic response to it.

Symptoms of oral allergy syndrome include itchy mouth, scratchy throat, or swelling of the lips, mouth, tongue, and throat. Itchy ears are sometimes reported.

If you or your child experience a reaction beyond the mouth area after eating a fresh fruit or raw vegetable, that food could be considered a risk for anaphylaxis, a serious reaction that is rapid in onset and may cause death. In one study, researchers found that oral allergy syndrome symptoms may progress to systemic symptoms in nearly 9 percent of patients and to anaphylactic shock in 1.7 percent of patients. Consult with your allergist for more information and to determine whether you should carry an epinephrine auto-injector to treat such potential severe reactions.



Birch



Apple Peach Plum Pear Cherry Apricot Almond
Rosaceae



Carrot Celery Parsley Caraway Fennel Coriander Aniseed
Apiaceae



Soybean Peanut
Fabaceae
(old Leguminosae)



Hazelnut
Betulaceae



Ragweed



Cantaloupe Honeydew Watermelon Zucchini Cucumber
Cucurbitaceae



Banana
Musaceae



Mugwort



Celery Carrot Parsley Caraway Fennel Coriander Aniseed
Apiaceae



Bell pepper
Solanaceae



Black pepper
Piperaceae



Mustard Cauliflower Cabbage Broccoli Garlic Onion
Brassicaceae **Liliaceae**



Orchard



Cantaloupe Honeydew Watermelon
Cucurbitaceae



Peanut
Fabaceae
(old Leguminosae)



White potato Tomato
Solanaceae



Timothy



Swiss chard
Amaranthaceae



Orange
Rutaceae

<http://www.acaai.org/allergist/allergies/types/food-allergies/types/pages/oral-allergy-syndrome.aspx>