Pollen allergy & foods

Oral allergy syndrome (OAS) is also known as pollen food allergy syndrome (PFAS). With OAS/PFAS, the proteins in certain fresh fruits, vegetables and tree nuts are similar to those in pollens, and this “cross-reactivity” can cause allergic symptoms like itchiness of the mouth and throat. Learn more at foodallergycanada.ca/oas-pfas.

Mouth or throat itching from peanut, soybean, almond and hazelnut may be indicators of more serious legume or tree nut allergies. See an allergist if such symptoms are noted.

*Source: American Academy of Allergy, Asthma & Immunology