

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.

Pollen season

- Spring ●
- Summer ●
- Late Summer-Fall ●
- Fall ●

Allergies to these pollens →
may trigger symptoms to these foods ↓

Fruits



- Apple
- Apricot
- Banana
- Cantaloupe
- Cherry
- Honeydew
- Kiwi
- Orange
- Peach
- Pear
- Plum
- Tomato
- Watermelon

Vegetables



- Bell pepper
- Broccoli
- Cabbage
- Carrot
- Cauliflower
- Celery
- Chard
- Cucumber
- Garlic
- Onion
- Parsley
- White potato
- Zucchini

Legumes*



- Peanut
- Soybean

Tree Nuts*



- Almond
- Hazelnut



*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.