

Pollen allergy & foods: What you need to know

Oral allergy syndrome (OAS) is also known as pollen food syndrome (PFS).

With OAS/PFS, 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.

Pollen season

Spring ●
Summer ●
Late Summer-Fall ●
Fall ●

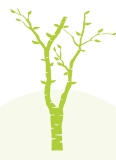
Allergies to these pollens →
may trigger symptoms to these foods ↓

Fruits



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

Birch



Timothy & orchard grass



Ragweed



Mugwort



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.