What foods cause Oral Allergy Syndrome?

- Birch pollen
  - almond
  - apple
  - carrot
  - celery
  - cherry
  - hazelnut
  - kiwi
  - peach
  - pear
  - plum
  - potato
  - pumpkin seed

- Grass pollen
  - kiwi
  - melon
  - peach
  - tomato

- Ragweed pollen
  - banana
  - chamomile
  - cucumber
  - echinacea
  - melon
  - (watermelon, cantaloupe, honeydew)
  - sunflower seed
  - zucchini

What is ORAL ALLERGY SYNDROME (OAS)?

Allergy to fruits and vegetables are the most common food allergies reported and typically develop later in life. This type of allergy is called Oral Allergy Syndrome (OAS) or Pollen-Food Allergy Syndrome (PFAS). The reaction occurs because the proteins in some fruits and vegetables are similar to the proteins in pollen. In most cases of OAS, symptoms only develop when eating the raw, uncooked food. The most common signs and symptoms are itching, tingling, redness, blisters, and swelling of the lips, mouth, or throat.