

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.



Itchy or tingling mouth

Hives on the mouth

Scratchy or sore throat

Swelling of the lips, mouth, tongue or throat

What foods
cause
Oral Allergy
Syndrome?

These foods are botanically related to birch, grass & ragweed :

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,
cataloupe,
honeydew)
sunflower seed
zucchini