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# Cross Reactions Between Food and Environmental Allergens

*Having seasonal allergies may increase a person's likelihood of having certain food allergies and vice versa. Following are potential cross-reactions with foods that should be considered when someone has environmental allergies. Start by assessing responses to the most common cross-reactive foods. Consider other cross-reactors if symptoms do not improve.*

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## *Environmental Allergen: Grasses*

(Poaceae family, including Bermuda and Timothy grass varieties)

- **Most common cross-reactors:** chard, melon, orange, rye, tomato, watermelon, wheat
- **Other cross-reactors:** canola/rapeseed, celery, olive, peach, sunflower seed, white potato

## *Environmental Allergen: Mugwort*

(*Artemisia vulgaris*)

- **Most common cross-reactors:** carrot, celery, chamomile, coriander/cilantro, fennel, parsley, sunflower seed
- **Other cross-reactors:** almond, anise, basil, bell pepper, black pepper, broccoli, cabbage, caraway, cauliflower, chard, dill, garlic, hazelnut, marjoram, melon, mustard, onion, oregano, paprika, peach, tarragon, thyme, walnut, watermelon

## *Environmental Allergen: Latex*

- **Most common cross-reactors:** avocado, banana, chestnut, kiwi, mango, melon, papaya, tomato
- **Other cross-reactors:** apple, apricot, buckwheat, carrot, celery, dill, fig, orange, oregano, passion fruit, peach, peanut, pear, pineapple, sage, soybean, strawberry, walnut, white potato

Note: Over 50% of people with latex allergy have other types of allergies.<sup>1</sup>

### *Environmental Allergen: Ragweed*

(*Ambrosia artemisiifolia*)

- **Most common cross-reactors:** apple, banana, cantaloupe, chamomile, honey, honeydew, melon, stevia, sunflower seed, watermelon
- **Other cross-reactors:** celery, cucumber, white potato, zucchini

### *Environmental Allergen: Tree Pollen*

(especially birch and alder)

- **Most common cross-reactors:** apple, apricot, carrot, celery, cherry, cilantro, coriander, nectarine, parsley, peach
- **Other cross-reactors:** almond, anise, banana, basil, buckwheat, caraway, chestnut, chicory, cumin, curry powder, fennel, fig, green pepper, hazelnut, honey, kiwi, lychee, marjoram, orange, oregano, paprika, parsnip, peanut, pear, peas, pepper, persimmon, plum, prune, soybean, spinach, strawberry, tarragon, thyme, tomato, walnut, wheat, white potato

Note: Over 50% of people with birch allergy have cross-reactivity with some fruits and vegetables.<sup>6</sup>

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