



C O N N E C T I C U T

E A R • N O S E • T H R O A T

MEDICAL AND SURGICAL SPECIALISTS

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POSSIBLE CROSS-REACTING POLLENS AND FOODS DURING POLLEN SEASON

Allergen

Cross-Reacting Foods

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| 1. Ragweed | Watermelon, Cantaloupe, Honeydew, Cucumber, Zucchini, Banana, Chamomile, Sunflower seeds, Echinacea |
| 2. Birch | Apple, Carrot, Potato, Celery, Orange, Peach, Plum, Cherry, Apricot, Strawberry, Pear, Walnut, Almond, Hazelnut, Kiwi |
| 3. Grasses | Buckwheat, Potato, Carrot, Apple, Tomatoes, Tomato products, Watermelon |
| 4. Mugwort | Celery, Melon, Apple, Carrot, Kiwi, Peanut |
| 5. Molds | Mushrooms, Gorgonzola and Aged cheeses, etc. |

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