



## POSSIBLE CROSS-REACTING POLLENS AND FOODS DURING POLLEN SEASON

### Allergen

### Cross-Reacting Foods

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