

HOW INHALANT & FOOD SENSITIVITY ARE RELATED

The reactions you have to the substances you are allergic to can be worsened by the foods you eat. Below is a list of some foods that react with substances to which you are allergic.

Naturally related airborne & food allergies	
Oak	Egg, Apple
Cottonwood	Lettuce
Elm	Mint, Milk
Birch	Apple, carrot, celery, pear, kiwi, peach, plum, potato, spinach, wheat, buckwheat, honey tomato cherry, peanut, hazelnut, walnut, anise, fennel, coriander, cumin,
Grass	Beans, Peas, Soybean, Cottonseed (cooking fats), Potato, melon, tomato, watermelon, orange, cherry, peanut
Ragweed	Egg, Milk, Mint, melon, cucumber, banana, sunflower seeds, chamomile, honey,
Marshelder	Wheat
Timothy Grass	Apple, lychee, litchi, lychee or lichee, tomato, celery, bell peppers, paprika
Pigweed	Pork, Black Pepper
Molds	Yeast, Aged Cheese, Mushrooms,
Plantain	Melon

When eaten together, these foods work together to result in an enhanced effect
Milk and Mint (i.e. mint ice cream) both have a cross reactivity with ragweed
Egg and Apple (i.e. apple pie) both have a cross reactivity with Oak allergy
Pork and Black Pepper (both have a cross reactivity with pigweed allergy)

If you have a Latex allergy you may also be sensitive to: Avacado, potato, vanana, tomato, chestnut, kiwi, herbs, and carrots.