



Cross Reactions Between Food and Environmental Allergens

Environmental Allergen	Foods			
	Fruits	Vegetables	Spices	Others
Mugwort (<i>Artemisia vulgaris</i>)	Apple Nectarine Cherry Pear Peach Plum/prune Apricot Quince Kiwi	Celery Carrot Potato	Anise Mustard Basil Oregano Caraway Paprika Coriander Parsley Dill Pepper Fennel Tarragon Marjoram Thyme	Hazelnuts Almonds Walnuts
Tree Pollen (Esp. birch and alder) 50% of people with tree pollen allergy have cross-reactivity with some fruits and vegetables	Apple Pear Cherry Plum Fig Kiwi Prune Lychee Persimmon Nectarine Strawberry	Beans Carrot Celery Green Pepper Potato Tomato Parsnip Peas	Anise Marjoram Basil Oregano Dill Parsley Caraway Paprika Chicory Pepper Coriander Tarragon Cumin Thyme Fennel	Hazelnuts Almonds Walnuts
Ragweed (<i>Ambrosia artemisiifolia</i>)	Melon* Watermelon Cantaloupe Honeydew Banana	Zucchini Cucumber		Sunflower seeds
Latex Over 50% of people with latex allergy react to fruit; 35% of these reactions are anaphylactic	Banana Avocado Kiwi Papaya Apricot Apple Melons*	Celery Potato Tomato Carrot		Chestnut

*90% of people with melon allergy have another fruit allergy.

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