



Food and Inhalant Cross Reactivity

Just when you have come to grip with your ragweed allergy, one day you find that you have a rash, swollen lips or itchy throat after eating a honeydew melon.

It is known that a supersensitive immune system may mistake the proteins in some fruits and vegetables for the pollen produced by a ragweed or other plant.

Foods that cross react with pollens

These have been proven by testing. (Those in parentheses are only suspected.)

grass	apple, carrot, celery, wheat, cereals
Ragweed	cantaloupe, watermelon, honeydew melon, zucchini, chamomile tea, corn, cucumber, honey, sunflower seeds (milk, banana)
sage (mugwort)	celery, coriander (potato)
dust mites	nuts, shellfish
birch	hazelnut, apple, carrot, celery (potato, several fruits)
cedar	(beef, yeast)
elm	(milk, lettuce, chocolate)
oak	(apple, chestnut, egg)
pecan	(corn, banana)

Mold –containing foods that aggravate a mold allergy

Mold allergies are known to worsen if any foods containing yeast, malt or molds are eaten in large quantity daily.

Eat these foods no more than three times in a week.

cheese	the sharper the cheese, the more mold on the cheese (American cheese, cream cheese and cottage cheese can be better)
mushrooms, truffles, morels	
canned fruits & vegetables	(fresh and frozen fruits and vegetables are okay)
canned juice	avoid juice from concentrate (fresh juice or premium: Tropicana, Nantucket are good alternatives)



fermented beverages	beer (dark is worse), wine (red is worse than white), whiskey, brandy, gin, rum, vodka
vinegar, condiments	apple, pear, grape and distilled vinegar are used in many condiments: mustard, ketchup, mayonnaise, pickles, relish, some salad dressings, barbeque sauce, tomato sauce, sauerkraut, horseradish, olives (try Balsamic vinegar or fresh squeezed citrus juice for favoring)
vitamins	any vitamin B capsules or tablets can be derived from yeast
Yeast-free products	
Vitamins	Abbott's, Robins' Allbee, Johnson's, Squibb's, Parke-Davis, Sharp & Dohme's, Schenly's, Hoffman, Enco – but must check labels
Flour	Pioneer Flour Mills, Gladiola Flour Mills, Hoffman-LaRoche wafers and products
tea	iced, herbal, green
root beer soda, ginger ale, diet Pepsi and other dark sodas	 (drink light-colored sodas: 7-Up, Sprite, Fresca, orange soda)
all yeast products	avoid pizza, donuts, Danish, English muffins, bagels, muffins, bread, buns, rolls, cake, cookies, pretzels, enriched flour, milk fortified with vitamins from yeast, meats fried in cracker crumbs and flour (substitute pita wraps & tortillas; toasting bread reduces mold 80%)