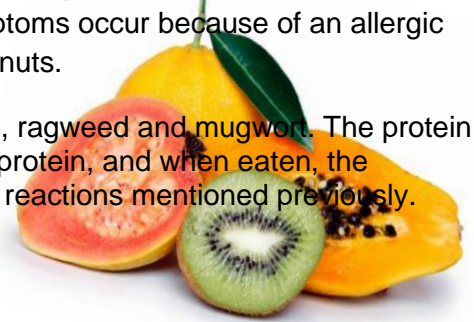


# What is OAS and Cross-Reactors?

Oral Allergy Syndrome (OAS), also known as pollen-food syndrome, is a type of food allergy where an allergic reaction or symptom occurs after eating a raw fruit, vegetable or nut. The symptoms are typically, but not limited to, itching, scratchy and/or swelling of the mouth, tongue, ears, palate, lips and/or throat; and the more typical symptoms of watery eyes, running nose and sneezing. These symptoms occur because of an allergic reaction to certain proteins found in a variety of raw fruits, vegetables and nuts.

Typically, OAS occurs in persons who have pollen allergies to trees, grass, ragweed and mugwort. The protein chemical structure of the raw fruit, vegetable or nut is similar to the pollen protein, and when eaten, the immune system triggers a defense against the protein causing the allergic reactions mentioned previously. This is known as a cross-reaction—a Class 2 food allergy.



\*For **Tree Pollen** allergies (typically birch and lader) common cross- reactors are:

<b>Fruits:</b> Apple, apricot, cherry, kiwi, lychee, nectarine, pear, plum, peach, prune, persimmon, strawberry, fig is being studied	<b>Vegetables:</b> Beans, carrot, celery, green pepper, potato, tomato, parsnip, peas	<b>Nuts:</b> Almond, hazelnut, walnut	<b>Spices:</b> Anise, basil, dill, caraway, coriander, cumin, fennel, marjoram, oregano, parsley, paprika, pepper, tarragon, thyme, chicory early evidence only	<b>Other Foods:</b> Lentils, peanuts, soybean, sunflower seeds
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For **Grass Pollen** allergies common cross-reactors are:

<b>Fruits:</b> Date, kiwi, melons, orange, tomato, watermelon, fig is being studied	<b>Vegetables:</b> Peas, potato	<b>Other Foods:</b> Peanut
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For **Ragweed Pollen** allergies common cross-reactors are:

<b>Fruits:</b> Banana, melons	<b>Vegetables:</b> Cucumbers, zucchini
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For **Mugwort Pollen** allergies common cross-reactors are:

<b>Fruits:</b> Apple, melons, orange, peach, tomato, watermelon	<b>Vegetables:</b> Carrot, celery, green pepper, onion, parsnip	<b>Spices:</b> Anise, basil, caraway, coriander, dill, fennel, marjoram, mustard, oregano, paprika, parsley, pepper, tarragon, thyme	<b>Other Foods:</b> Chamomile, sunflower seeds
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\*Chart information obtained from: Allergic Living, Summer 2015; p.39.