

Allergenic Cross-Reactivities

Pollens and Foods

If you're allergic to certain types of pollen, you may also be allergic to various foods with a similar chemical make-up—a phenomenon known as *cross-reactivity*. For **AllergyEasy**[®] patients, the good news is that with each pollen you desensitize your body to, you fortify yourself against many of its “close cousin” food items. Here are some common pollens and the foods that they are related to:

Birch, Alder and

Hazelnut pollens: Apple, celery, cherry, peach, pear and hazelnut foods

Grass pollens : Celery, cereal grains and potato foods

Mugwort pollen: Apple, carrot, celery, kiwi, orange and peanut foods

Ragweed pollen: Banana, cantaloupe and watermelon foods

Food Families

Foods can be grouped into families on the basis of similar molecular structures. Allergy to one member of a food family often extends to other members. Below are common food families.

Apple: Apple, pear, quince, medlar, loquat

Aster: Lettuce is most common. Others are: chicory, endive, escarole, artichoke, dandelion, sunflower seeds, tarragon (Ragweed belongs to this family; also, the insecticide pyrethrum.)

Blueberry: Blueberry, huckleberry, bilberry, cranberry, lingonberry

Buckwheat: Buckwheat, rhubarb, garden sorrel

Cashew: Cashew, pistachio, mango

Chocolate: Chocolate, (cocoa), cola

Citrus: Orange, lemon, grapefruit, lime, tangerine, kumquat, citron, pomelo, tangelo, calamondin

Fungus: Mushroom and yeast (the molds that cause inhalant allergy belong to this taxonomic kingdom); also antibiotics.

Ginger: Ginger, cardamom, turmeric, alligator pepper, greater and lesser galanga

Gooseberry: Currant, gooseberry

Goosefoot: Beet, sugar beet, spinach, Swiss chard, lamb's quarter (hay fever plants in this family are Mexican firebush, lamb's quarter, Russian thistle, Kochia, and scales.)

Grains (cereal or grass): Wheat, corn, rice, oats, barley, malt, rye, wild rice, cane, millet, sorghum, bamboo shoots, molasses (The hay fever grasses belong to this family.)

Laurel: Avocado, cinnamon, bay leaves, sassafras

Lily:	Onion, garlic, asparagus, chives, leeks, sarsaparilla
Mallow:	Cottonseed, okra
Melon (gourd):	Watermelon, cucumber, cantaloupe, honeydew, pumpkin, gourd, squash, bitter cucumber and other melons
Mint:	Mint, peppermint, spearmint, thyme, sage, horehound, marjoram, basil, savory, rosemary, balm (Melissa), catnip
Mustard:	Mustard, turnip, radish, horseradish, watercress, and varieties of cabbage; kraut, Chinese cabbage, broccoli, cauliflower, Brussels sprouts, collards, kale, kohlrabi, rutabaga, bok choy
Myrtle:	Allspice, guava, clove pimento (not pimento)
Palm:	Coconut, date. Betel nut belongs to this family.
Parsley:	Carrot, parsnip, celery, parsley, and the following spices: anise, dill, fennel, angelica, celery seed, cumin, coriander, caraway
Pea (legume or clover):	Peanut, pea (green, field, black-eyed), bean (navy, lima, pinto, string, fava, wing, soy, etc). Less important are licorice, acacia, tragacanth.
Plum (same as apple):	Plum, prune, cherry, peach, apricot, nectarine, wild cherry, almond
Potato:	Potato, tomato, eggplant., tomatillo, tamarillo, peppers. This family includes all foods called "pepper" (except black and white pepper), such as: green pepper, red pepper, chili pepper, paprika, cayenne, capsicum. Tobacco, belladonna and stramonium belong to this family.
Rose (same as apple):	Strawberry, raspberry, blackberry, dewberry, salmonberry, cloudberry, rose hip and such developed berries as loganberry, young berry, boysenberry, etc.
Walnut:	English walnut, black walnut, pecan, hickory nut, butternut, heartnut

Animal Foods

Bird:	All fowl and game birds: chicken, turkey, duck, goose, guinea, pigeon, quail, pheasant, etc.
Crustacean:	Crab, lobster, shrimp, prawn, crayfish
Fish:	All true fish, either fresh water or salt water, such as: salmon, tuna, sardine, catfish, trout, crappie, etc. (Fish-sensitive patients often cannot handle or otherwise come into contact with fish glue.)
Mammal:	Beef, pork, lamb, goat, rabbit, squirrel, venison; etc. Cow's milk is of the same animal origin as beef and there is a tendency for those who are milk-sensitive to be allergic to beef. Most people allergic to cow's milk cannot take the milk of other animals, such as goat.
Mollusk:	Oyster, clam, scallop, abalone, mussel, snail (escargot), squid, octopus
Reptile:	They are eaten very little but it is interesting that both turtle and rattlesnake meats are available.