

Common Cross Reacting Allergens



Environmental Allergens:	May Cross React With Foods:
All Grasses	Legumes, beans, peas, apple, carrots, celery, grains, cottonseed
Weeds: Ragweed	Melon, lettuce, banana, milk, egg, mint, chamomile
Mugwort, Sage	Celery, coriander, chamomile, nightshade family of plants including tobacco
Marsh Elder	Wheat
Amaranth	Pork
Trees: Birch, Alder	Hazelnut, apple, carrot, celery, orange, potato, beef, yeast, soy
Cedar	Milk, mint
Elm	Chestnut, egg, apple
Oak	Corn, banana
Pecan	Lettuce
Poison Ivy, Oak, Sumac	Pork, Black Pepper
Pigweed	Pork
Molds and fungal spores	Yeast, mushrooms, aged (hard) cheeses, coffee
Latex	Banana, papaya, kiwi, avocado, peanut, fig, melon, walnut, chestnut, pistachio, peach, pineapple, pear
Dust mites	Shellfish, mollusks, crustaceans

Common pollen allergies, in particular, birch, ragweed and mugwort, cross react with fruits and vegetables.

Major Food Families



Grains	
Griaminaea	Wheat, rye,, triticale, barley, oats, corn, rice, wild rice, millet, sorghum, bamboo, sugarcane
Pooidae	Wheat, rye, barley, oats
Panicoideae	Corn, sorghum, sugarcane, pearl millet
Bambusoideae	Rice, wild rice
Potato Family	
Solanaceae	Potato, tomato, eggplant, bell peppers, paprika, chile peppers, tobacco
Beans & Peas	
Leguminosae	Peas, kidney beans (all varieties), white beans, black beans, mung beans, broad beans, lima beans, green beans, runner beans, mangetout, snap peas, split peas, lentils, soybeans, peanuts
Cabbage Family	
Cruciferae	Cabbage, cauliflower, brussel sprouts, broccoli, kohlrabi, kale Other members of the same family: Turnip, chinese cabbage, horseradish, radish, watercress, rutabaga, mustard, rapeseed oil (Canola oil)
Carrot Family	
Umbelliferae	Carrot, parsnip, celery, celeriac, fennel, parsley, aniseed, caraway, dill, cumin, coriander
Cucumber Family	
Cucurbitaceae	Cucumber, melon (all varieties), zucchini, squash (all varieties), pumpkin
Onion Family	
Liliacaea	Onion, leek, shallot, garlic, chives, asparagus
Daisy Family	
Compositae	Lettuce, chicory, endive, globe artichoke, sunchokes, salsify, sunflower, safflower, chamomile
Palm Family	
Pamaceae	Coconut, dates, sago, palm oil
Rose Family	
Rosoideae	Blackberry, raspberry, loganberry, cloudberry, strawberry, rose hip
Prunoideae	Plum, apricot, greengage, cherry, peach, nectarine, almond
Maloideae	Apple, pear, quince
Citrus Family	
Rutaceae	Orange, lemon, lime, tangerine, clementine, grapefruit, ugli, kumquats
Mint Family	
Labiatae	Mint, basil, marjoram, oregano, rosemary, sage, thyme, savory
Fungi Kingdom	
	Mushrooms, truffles, morels, chanterelles, yeast, mycoprotein, quorn

Crustacea - high level of cross reactivity within the food group (shrimp, prawn, crab, lobster).

Legumes - cross reactions between beans occur infrequently. Often those who have a peanut or soy allergy, can tolerate other beans.