

CROSS REACTIONS WITH FOOD ALLERGIES

Food allergy testing is difficult because some reactions come from blood cell oriented events which are not testable. There are also cross reactions of foods to inhalant allergens like trees and molds. The result is that a negative test does not eliminate the possibility of a food allergy and a positive test may not guarantee an allergic reaction to a given food due to cross reactions.

These properties of the immune system cause certain situations to occur. Eating certain foods during allergy season can make your allergies worse. Additionally, having a seasonal allergy can cause a minor allergy to certain foods at that specific time.

Below are some of the possible cross reacting foods and inhalant allergens that could affect you.

<u>Inhalants</u>	<u>Foods</u>
Molds:	cheeses, mushrooms, vinegar
Ragweed:	milk, melons, lettuce, eggs, banana, sunflower seeds, cucumber
Mugwort:	celery, carrots, melons, apples, hazelnut, peaches
Grasses:	cereal, grains, beans, peas, soybean, corn, oats, potato, tomato, melon, orange, cherry, peanut
Dust:	nuts, oysters
Elm tree:	lettuce, chocolate, milk
Oak tree:	apple, egg
Birch tree:	apple, apricot, cherry, kiwi, nectarine, peach, pear, plum, green pepper, carrot, celery, potato, tomato, peanut, almond, Brazil nut, hazelnut, walnut

It is best to avoid these foods within 24 hours of getting allergy injections for the given inhalant being treated in some patients.

Histamine containing food can also amplify any reaction, so avoid these when getting shots also:

cheese	pineapples	melons	bananas	red wine
chocolate	oranges	spinach	plums	shellfish
tomatoes	strawberries	fish	avocados	citrus fruits
				alcohol