

EAR, NOSE, THROAT AND ALLERGY CENTER  
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FOOD AND INHALENT CROSS-REACTIVITY

Your immune system cannot tell the difference between the following allergens and the foods. For instance, if you eat an apple daily when birch is blooming you are essentially exposing yourself to twice the amount of birch. The body cannot distinguish between the two. If your allergy symptoms are bad then you may want to eliminate some or all of the foods that cross-react with whatever you are allergic to.

- If you allergic to **BIRCH TREES**, avoid as many of the following foods from **January through May** (when birch is in season):
  - *Apple, Carrot, Celery, Hazelnut, kiwi, peach, pear, potatoes (especially apples)*
- If you are allergic to **DUST MITE**, avoid the following foods **year round**:
  - Shrimp and snail
- If you are allergic to **GRASS**, avoid as many of these foods from **May through October**
  - Kiwi, melons, tomato, watermelon, apples, celery, carrot, wheat and corn
- If you are allergic to **RAGWEED**, avoid as may of these foods from **July through November** (or the first frost):
  - Banana, milk cucumbers, lettuce, cantaloupe and watermelon
- If you are allergic to **LATEX**, avoid these foods **ALL OF THE TIME**:
  - Avocado, banana, kiwi, chestnut and foods from the rose family (apple, pear, strawberry, blackberry, raspberry, plum, peach, cherry, apricot and almond)