## Foods that may worsen your seasonal allergies

Eating certain foods during allergy season can make your seasonal allergies worse. At the same time, having a seasonal allergy can cause you to have a minor allergy to some of these foods. Your body can sometimes mistake this food as pollen and trigger a "cross-reaction", causing itchiness and tingling of the lips, mouth, tongue or throat. **Use the charts below to find out what may make your allergies worse.** 

Allergy trigger	Cross reactors
	almond
	apple
	celery
Alder (tree) pollen	cherry
	hazelnuts
	peach
	pear
	parsley
Birch (tree) pollen	almond
	apple
	apricot
	carrot
	/// celery
	cherry
	coriander
	fennel
	hazelnut (filbert)
	kiwifruit
	lychee fruit
	nectarine
	orange
	parsley
	parsnip
	peach
	pear
	pepper
	persimmon
	plum
	potato
	prune
	soy wheat
	Potential:
	hazel nuts, and walnuts
	nazei nuts, and walnuts

Allergy trigger	Cross reactors
Grass pollen	melon tomato orange
Mugwort (weed) pollen	carrot celery coriander fennel parsley pepper sunflower
Ragweed pollen	banana cantaloupe cucumber zucchini honeydew watermelon camomille tea