



# National Institute of Allergy and Infectious Diseases

Leading research to understand, treat, and prevent infectious, immunologic, and allergic diseases.

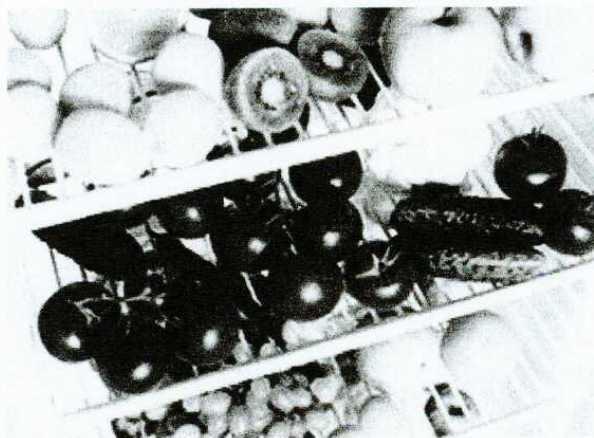
## Food Allergy

### Oral Allergy Syndrome and Exercise-induced Food Allergy

#### Oral allergy syndrome

Oral allergy syndrome (OAS) is an allergy to certain raw fruits and vegetables, such as apples, cherries, kiwis, celery, tomatoes, and green peppers. OAS occurs mostly in people with hay fever, especially spring hay fever due to birch pollen and late summer hay fever due to ragweed pollen.

Eating the raw food causes an itchy, tingling sensation in the mouth, lips, and throat. It can also cause swelling of the lips, tongue, and throat; watery, itchy eyes; runny nose; and sneezing. Just handling the raw fruit or vegetable may cause a rash, itching, or swelling where the juice touches the skin.



© istockphoto

Cooking or processing easily breaks down the proteins in the fruits and vegetables that cause OAS. Therefore, OAS typically does not occur with cooked or baked fruits and vegetables or processed fruits, such as applesauce.

[back to top](#)

#### Exercise-induced food allergy

Exercise-induced food allergy requires more than simply eating food to start a reaction. This type of reaction occurs after someone eats a specific food *before* exercising. As exercise increases and body temperature rises, itching and light-headedness start, hives may appear, and even anaphylaxis may develop. Some people have this reaction from many foods, and others have it only after eating a specific food.

Treating exercised-induced food allergy is simple—avoid eating for a couple of hours before exercising.

Crustacean shellfish, alcohol, tomatoes, cheese, and celery are common causes of exercise-induced food allergy reactions.

[back to top](#)

#### Video



**What the New Food Allergy Guidelines Offer Clinicians from Medscape Allergy and Clinical Immunology**

#### See Also

[Allergic Diseases](#)

[Asthma](#)

[Immune System](#)

[Sinusitis](#)

[Laboratory of Allergic Diseases](#)

[Division of Allergy, Immunology, and Transplantation](#)

[Allergic Diseases News Releases](#)

#### Related Links

[Allergy Testing](#)

[Celiac Disease](#)

[Eczema](#)

[NIH News in Health: Living with Food Allergies](#)

[View a list of links for more information about food allergy](#)

#### Send an eCard

