

## Food Cross-reactivity List

### Nuts, Legumes, Fruits and Vegetables

Allergens	Seeds/Nuts/Legumes	Grains	Fruits/Vegetables	Trees	Grasses	Weeds	Other
<b>Almonds</b>	Brazil Nut, Cashews, Coconut, Hazelnut, Peanut, Pine Nut, Sesame, Sunflower Seed, Walnut	Corn	Apple, Apricot, Cherry, Peach	Birch, Alder, Elm, Hazel	Grass Pollen		
<b>Apple</b>				Birch, Alder, Elm, Hazel			
<b>Apricot</b>				Birch, Alder, Elm, Hazel			
<b>Banana</b>			Kiwi			Ragweed	Latex
<b>Barley, Whole</b>		Corn, Malt, Oat, Rice, Rye, Wheat			Grass Pollen		
<b>Brazil Nut</b>				Birch, Alder, Elm, Hazel			
<b>Cane Sugar</b>							
<b>Carrot</b>	Hazelnut		Apple, Celery, Cucumber, Kiwi, Lettuce, Mango, Parsley, Potato, Watermelon	Birch, Alder, Elm, Hazel	Grass Pollen, Timothy Grass	Ragweed, Mugwort	Anise, Caraway, Corriander, Cumin, Dill, Fennel, Paprika, Parsley
<b>Celery</b>	Hazelnut, Peanut, Soybean		Apple, Carrot, Cucumber, Lovage, Mango, Peach, Tomato, Watermelon, Zucchini	Birch, Alder, Elm, Hazel	Grass Pollen, Timothy Grass, Johnson Grass	Ragweed, Mugwort	Anise, Caraway, Corriander, Cumin, Dill, Fennel, Paprika, Parsley, Latex
<b>Cherry</b>				Birch, Alder, Elm, Hazel			
<b>Chilli Pepper</b>			Tomato				

<b>Coffee</b>	Sesame	Gluten					Gum Arabic
<b>Cola Nut</b>	Cocoa, Karaya Gum						Cola Drinks
<b>Cucumber</b>						Ragweed	
<b>Green Pea</b>	Lentil, Peanut, Soybean		Chickpea, Green Bean, Lima Bean	Birch	Grass Pollen	Mugwort	
<b>Green Pepper</b>				Birch, Alder, Elm, Hazel		Mugwort	
<b>Hazelnut</b>				Birch, Alder, Elm, Hazel			
<b>Kiwi</b>			Banana, Artichokes, Avacado	Birch, Alder, Elm, Hazel			Latex, Milk Thistle, daisies, marigolds, and chrysanthemums
<b>Lettuce, Iceburg</b>			Carrot, Cherry, Chicory, Peach	London Plane Tree			
<b>Lima Bean</b>	Chickpea, Green Bean, Kidney Bean, Lentil, Peanut, Navy Bean, Pinto Bean, Soybean		Green Pea	Mesquite Tree	Grass Pollen		
<b>Melon</b>					Grass Pollen	Ragweed, Mugwort	
<b>Mushroom</b>			Spinach				Molds: Alternata, Fumagatus, Herbarum
<b>Mustard Seed</b>	Rape Seed, Sunflower Seed		Broccoli, Cabbage, Cauliflower, Peach	Olive Tree	Gramineae Pollen		
<b>Nectarine</b>				Birch, Alder, Elm, Hazel			
<b>Oat</b>		Barley, Corn, Rice, Rye, Sorgham, Wheat			Grass Pollen		
<b>Olive</b>							
<b>Orange</b>			Lemon, Peach	Birch	Grass Pollen		

<b>Parsley</b>			Carrot, Celery	Birch		Ragweed, Mugwort	
<b>Parsnip</b>						Mugwort	
<b>Peach</b>			Apple, Plum, Cherry, Pear	Birch, Alder, Elm, Hazel	Grass Pollen		
<b>Peanut</b>				Birch, Alder, Elm, Hazel	Grass Pollen		
<b>Pear</b>				Birch, Alder, Elm, Hazel			
<b>Pinto Bean</b>					Grass Pollen		
<b>Plum</b>				Birch, Alder, Elm, Hazel			
<b>Potato</b>	Hazelnut, Soybean		Apple, Bell Pepper, Carrot, Celery, Eggplant, Pear, Tomato	Birch, Alder, Elm, Hazel	Grass Pollen		Latex, Tobacco
<b>Rice</b>	Peanut, Soybean	Barley, Corn, Millet, Rye, Wheat	Apple, Peach				Buckwheat
<b>Sesame</b>	Almond, Cashew, Flax seeds, Hazelnut, Macadamia, Peanut, Pistachio, Poppy Seed, Walnut	Rye, Buckwheat	Kiwi				
<b>Spinach</b>			Chard				Mushroom Mold: Alternata, Fumagatus, Herbarum, Latex
<b>Squash</b>			Cucumber, Honeydew Melon, Pumpkin, Watermelon, Zucchini				
<b>Sunflower Seed</b>						Mugwort	
<b>Sweet Potato</b>							

<b>Tobacco</b>			Eggplant, Green Pepper, Potato, Tomato			Mugwort	
<b>Tomato</b>			Apple, Banana, Bell Pepper, Celery, Chilli pepper, Peach, Potato	Birch, Alder, Elm, Hazel	Grass Pollen	Ragweed	
<b>Walnut, Black</b>	Almond, Brazil, Cashew, Coconut, Hazelnut, Peanut, Pecan, Pistachio, Sesame	Buckwheat, Corn	Apple, Apricot, Cherry, Grapes, Peach, Pear, Plum	Birch, Alder, Elm, Hazel			
<b>Wheat</b>		Barley, Corn, Malt, Millet, Oat, Rice, Rye, Soybean	Peach		Grass Pollen		Latex
<b>Zucchini</b>						Ragweed	

### Dairy, Eggs, Seafood and Meat

Allergens	Seafood	Poultry/Eggs	Dairy	Other
<b>Cheddar Cheese</b>			Cow's Milk	
<b>Clam</b>	Abalone, Crab, Crawfish, Krill, Lobster, Octopus, Oyster, Scallop, Shrimp, Squid			Cockroach, Fruit Fly, Grasshopper, Housedust Mite
<b>Cottage Cheese</b>			Cow's Milk	
<b>Cow's Milk</b>			American Cheese, Buffalo's Milk, Cheddar Cheese, Cottage Cheese, Goat's Milk, Mare's Milk, Sheep's Milk, Soybean, Yogurt	Cow Dander

<b>Crab</b>	Abalone, Clam, Crawfish, Lobster, Octopus, Oyster, Scallop, Shrimp, Squid			Cockroach, Fruit Fly, Grasshopper, Housedust Mite
<b>Egg White/Yolk</b>		Egg whites from Duck, Goose, Turkey, Seagull		Feathers: Canary, Chicken, Duck, Goose, Parakeet, Parrot, Pigeon, Down pillows, comforters (Bird-egg syndrome)
<b>Oyster</b>	Abalone, Crab, Clam, Crawfish, Lobster, Octopus, Scallop, Shrimp, Squid			Cockroach, Housedust Mite
<b>Pork</b>				Cat Dander, Cat Saliva
<b>Sardine</b>	Herring			
<b>Scallop</b>	Abalone, Clam, Crab, Crawfish, Lobster, Octopus, Oyster, Mussel, Shrimp			Cockroach, Fruit Fly, Grasshopper, Housedust Mite

### Herbs and Spices

<b>Allergens</b>	<b>Trees</b>	<b>Grasses</b>	<b>Weeds</b>	<b>Other</b>
<b>Anis</b>	Birch, Alder, Elm, Hazel		Mugwort	
<b>Basil</b>	Birch, Alder, Elm, Hazel		Mugwort	
<b>Chamomile</b>			Mugwort, Ragweed	
<b>Caraway Seeds</b>	Birch, Alder, Elm, Hazel		Mugwort	
<b>Coriander</b>	Birch, Alder, Elm, Hazel		Mugwort	
<b>Dill</b>	Birch, Alder, Elm, Hazel		Mugwort	
<b>Echinacea</b>			Mugwort, Ragweed	
<b>Fennel</b>	Birch, Alder, Elm, Hazel		Mugwort	

<b>Lovage</b>	Birch, Alder, Elm, Hazel		Mugwort	
<b>Marjoram</b>	Birch, Alder, Elm, Hazel		Mugwort	
<b>Milk Thistle</b>			ragweed	artichokes, kiwi, daisies, marigolds, and chrysanthemums
<b>Oregano</b>	Birch, Alder, Elm, Hazel		Mugwort	
<b>Paprika</b>	Birch, Alder, Elm, Hazel		Mugwort	
<b>Parsley</b>			Mugwort	
<b>Pepper (black,white, green)</b>	Birch, Alder, Elm, Hazel		Mugwort	
<b>Tarragon</b>	Birch, Alder, Elm, Hazel		Mugwort	
<b>Thyme</b>	Birch, Alder, Elm, Hazel		Mugwort	
<b>Wormwood</b>	Birch, Alder, Elm, Hazel		Mugwort	