

## Division of Allergy and Environmental Disease



*Virginia Commonwealth University Health Systems  
Department of Otolaryngology / Head and Neck Surgery*

### **Food Cross-Reactivity**

Certain foods have properties which are very similar to some of the inhalants that cause your allergic symptoms. While you are not allergic to these foods, you may find that eating them can worsen your symptoms. Please check your allergies against the list below to identify those foods that might make your symptoms worse. Again, avoidance of these foods is not absolutely necessary, but, in certain seasons, avoidance might help ease your symptoms.

<b>Timothy Grass</b>	Apples, Carrots, Celery, Barley, Oats, Rye, Wheat
<b>Johnson Grass</b>	Corn, Molasses
<b>Cedar Trees</b>	Beef, Yeast
<b>Elm Trees</b>	Milk
<b>Oak Trees</b>	Chestnuts, Egg
<b>Ragweed</b>	Watermelon, Honeydew, Cantaloupe, Zucchini, Cucumbers, Bananas, Apples, Chamomile Tea, Honey, Nuts, Sunflower Seeds
<b>Pigweed</b>	Pork

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