

Cross-Reactivity Master List

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Allergen	Possible Cross-Reactive Items
Alder Pollen	Almond, Apple, Celery, Cherry, Hazelnut, Parsley, Peach, Parsley, Pear
Almond	Alder, Birch, Elm, Hazelnut, (all other nuts)
Aniseed	Mugwort
Apple	Birch, Alder, Celery, Cherry, Elm, Hazelnut, Mugwort, Peach, Pear, Potato, Ragweed, Rye-Grass, Tomato
Apricot	Alder, Birch, Elm, Hazelnut
Ash Pollen	Birch, Lilac, Olive Tree, Privet, Timothy Grass
Avocado	Banana, Kiwi, Latex
Banana	Avocado, Birch pollen, Kiwi, Latex, Melon
Basil	Alder, Birch, Elm, Hazelnut
Bermuda Grass	Celery, Cocksfoot, Olive, Rapeseed, Sunflower (Other grass species)
Birch Pollen	Almond, Aniseed, Apple, Apricot, Buckwheat, Carrot, Caraway, Celery, Cherry, Coriander, Cumin, Dill, Fennel, Hazelnut, Honey, Kiwi, Nectarine, Parsley, Parsnip, Pear, Peach, Peanut, Peppers, Persimmons, Plum, Potato, Prune, Soybean, Spinach, Tomato, Walnut, Wheat, (all tree nuts) & (possibly all foods in Birch Weeping)
Birch Weeping	Aniseed, Apple, Ash pollen, Banana, Beech pollen, Caraway, Carrot, Celery, Chamomile, Cherry, Chestnut, Coriander, Curry, Elm, Fennel seed, Hazelnut, Hornbeam, Kiwi, Latex, Lychee, Mango, Mugwort, Olive, Orange, Paprika, Parsley, Peach, Pear, Pepper, Potato, Soybean, Tomato, (all tree nuts) & (possibly all foods in Birch Pollen)
Brazil Nut	Alder, Birch, Elm, Hazelnut, (all other nuts)
Caraway Seeds	Alder, Birch, Elm, Mugwort, Hazelnut
Cantaloupe	Avocado, Banana, Peach, Kiwi, Watermelon
Carrots	Birch Weeping, Celery, Mugwort, Cucumber, Lettuce, Mango, Melon
Chamomile	Mugwort
Cherry	Alder, Apple, Birch Weeping, Elm, Hazelnut, Peach

Chicken Egg	Duck and Goose egg and other bird eggs
Cocksfoot Grass	Other grasses, Melon, Oat Flour, Rye Flour, Apple, Fescue,
Cod Fish	Carp, Eel, Herring, Mackerel, Salmon, Sole, Tuna
Corn	Barley, Bluegrass, Millet, Oat, Rice, Soy, Rice
Crab	Oyster, Shrimp, Squid, other Crustacea (Lobster, Crayfish, etc.)
Cucumber	Celery, Carrot, Melon
Curry	Weeping birch, Celery, Mugwort
Chestnut	Latex
Dairy	Beef, Cow/Goat Milk/Sheep Milk
Dill	Alder, Birch, Elm, Hazelnut, Mugwort
Dust/Dust Mites	Cockroaches, Clams, Crab, Mosquito, Moths, Mussels, Oyster, Peanuts, Scallops, Shellfish, Shrimp, Silverfish, Squid (all crustacea)
Fennel	Alder, Birch weeping, Celery, Elm, Hazelnut, Mugwort
Gluten/Gliadin	Barley, Bulgur, Casein, Coffee, Dairy, Durum, Farina, Farro, Kamut, Oats (unless labeled gluten-free), Rye, Semolina, Soybean, Spelt, Triticale, Wheat, Yeast, (also cross contamination and in processed foods)
Goosefoot Pollen	Asparagus, Banana, Kiwi, Melons, Nectarine, Olive, Onions, Peach, Potato
Grape	Peach
Grass Pollen	Apple, Celery, Cherry, Corn, Dates, Egg Whites, Figs, Garlic, Kiwi, Litchi, Melon, Onion, Orange, Paprika, Peaches, Peanuts, Peas, Peppers, Pork, Potato, Swiss chard, Tomato, Watermelon, Wheat, (other gluten contain grains)
Hazelnut	Birch, Kiwi, Mugwort, Peach, Poppy seeds, Sesame, (all other nuts)
Kiwi	Alder, Avocado, Banana, Birch weeping, Elm, Hazelnut, Latex, Mugwort, Poppy seeds, Rye Flour, Sesame, Timothy grass,
Latex	Apple, Apricot, Avocado, Banana, Birch, Buckwheat, Cabbage, Carrot, Celery, Cherry, Chestnut, Chickpea Coconut, Corn, Dill, Fig, Grape, Kiwi, Lettuce, Mango, Melons, Mugwort, Orange (citrus fruit), Oregano, Nectarine, Passion fruit, Papaya, Peach, Peanut, Pear, Peppers, Pineapple, Plane Tree, Plum, Potato, Ragweed, Ryegrass, Sage, Shellfish, Soybean, Strawberry, Sunflower, Timothy, Tomato, Walnut, Zucchini
Lentil	Pea, Walnut
Lychee	Birch

Majoram	Alder, Birch, Elm, Hazelnut, Mugwort
Melon	Avocado, Banana, Carrot, Celery, Cocksfoot, Cucumber, Goosefoot, Grasses, Latex, Mugwort, Plantain, Ragweed, Watermelon, Zucchini
Mugwort Pollen	Aniseed, Apple, Basil, Broccoli, Cabbage, Caraway, Carrot, Cauliflower, Celery, Chamomile, Coriander, Cumin, Dill, Fennel, Garlic, Hazelnut, Kiwi, Marjoram, Melon, Mustard, Orange, Oregano, Onion, Paprika, Parsley, Parsnip, Peach, Peppers, Spices, Sunflower, Tarragon, Thyme, Tomato, Watermelon
Nectarine	Grass
Olive	Alder, Birch, Kiwi, Latex, Peach, Potato, Tomato
Onion	Asparagus, Garlic, Timothy grass
Orange	Birch, Grass
Oregano	Alder, Birch, Elm, Hazelnut, Mugwort
Papaya	Latex, Papain
Paprika	Alder, Birch, Celery, Elm, Hazelnut, Mugwort
Parsley	Mugwort
Pea	Lentil, Mugwort, Grass, Peanut
Peach	Almond, Alder, Apple, Apricot, Birch, Cherry, Elm, Hazelnut, Pear, Plum
Peanut	Alder, Anise, Beans, Birch, Broccoli, Carrots, Chestnut, Coriander, Cumin, Elm, Fennel, Grass, Hazelnut, Latex, Lentil, Melons, Mugwort, Parietaria, Parsley, Pea, Peach, Peppers, Rosemary, Sage, Soybean, Tomato
Pear	Alder, Apple, Birch, Elm, Mugwort, Peach, Hazelnut
Pepper	Alder, Celery, Birch, Elm, Hazelnut, Mugwort
Pineapple	Bromelain, Latex, Rye-Grass
Plum	Alder, Birch, Elm, Hazelnut
Poppy Seeds	Hazelnut, Kiwi, Rye
Pork	Cats
Potato	Apple, Birch, Latex, Tomato
Ragweed	Apple, Banana, Cantaloupe, Chamomile, Cucumbers, Dairy, Dandelion, Echinacea, Honey, Honeydew/Melons, Lettuce, Mango, Milk, Milk Thistle, Mint, Nuts, Sunflower, Tomato, Watermelon, Zucchini
Salmon	Sole, Swordfish, (all other fish)

Shellfish	Crab, Lobster (all other crustacea and filter feeders)
Sunflower Seeds	Mugwort
Tarragon	Alder, Birch, Elm, Hazelnut, Mugwort
Tomato	Apple, Birch, Celery, Latex, Peanut, Mugwort, Potato, Rye-Grass, Timothy grass
Thyme	Alder, Birch, Elm, Hazelnut, Mugwort
Walnut	Alder, Birch, Elm, Hazelnut, Peach, (all other nuts)