Ferrell-Duncan Clinic Allergy/Immunology

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**Possible Allergen Plant and Food Cross-Reactivity**

A person allergic to a plant may be allergic to related foods. This is a list of possible food and plant relationships.

**Apple** – pear, quince

**Birch, alder, and hazelnut** – almonds, apples, apricots, carrots, celery, cherries,

chestnuts, coriander, fennel, kiwi, hazelnut, nectarines, parsley, parsnips,

peaches, pears, peppers, plums, potatoes, prunes, soy, wheat

**Buckwheat** – rhubarb

**Cashews** – pistachio, mango

**Citrus** – orange, lemon, lime, grapefruit, tangerine

**Cola nut** – cocoa, cola

**Fungi** – yeast, mushroom

**Ginger** – turmeric, cardamom

**Goosefeet** – beet, spinach, swiss chard

**Gourd** – watermelon, cucumber, cantaloupe, pumpkin, squash

**Grass (grains)** – corn, wheat, rice, oats, barley, rye, brown cane sugar, oranges

molasses, bamboo shots, sorghum, potatoes, celery, tomato, kiwi, melons

**Heath** – blueberry, cranberry

**Laurel** – cinnamon, bay leaf, avocado, sassafras

**Lily** – onion, garlic, asparagus, chives, sarsaparilla, leek

**Mallow** – okra, cottonseed

**Mint**  - peppermint, sage, thyme, spearmint, basil, balm, bergamot, horehound,

marjoram, savory, rosemary

**Mugwort** – celery, coriander, carrots, fennel, parlsey, sunflower

**Ragweed** – bananas, melons, cucumber, zuncchini