

Pollen allergy & foods

Oral allergy syndrome (OAS) is also known as pollen food allergy syndrome (PFAS). With OAS/PFAS, the proteins in certain fresh fruits, vegetables and tree nuts are similar to those in pollens, and this “cross-reactivity” can cause allergic symptoms like itchy mouth and throat. Learn more at foodallergycanada.ca/oas-pfas.

Pollen season	
Spring	●
Summer	●
Late Summer-Fall	●
Fall	●

Allergies to these pollens →
may trigger symptoms to these foods ↓

Fruits



- Apple
- Apricot
- Banana
- Cantaloupe
- Cherry
- Honeydew
- Kiwi
- Orange
- Peach
- Pear
- Plum
- Tomato
- Watermelon

Vegetables



- Bell pepper
- Broccoli
- Cabbage
- Carrot
- Cauliflower
- Celery
- Chard
- Cucumber
- Garlic
- Onion
- Parsley
- White potato
- Zucchini

Legumes*

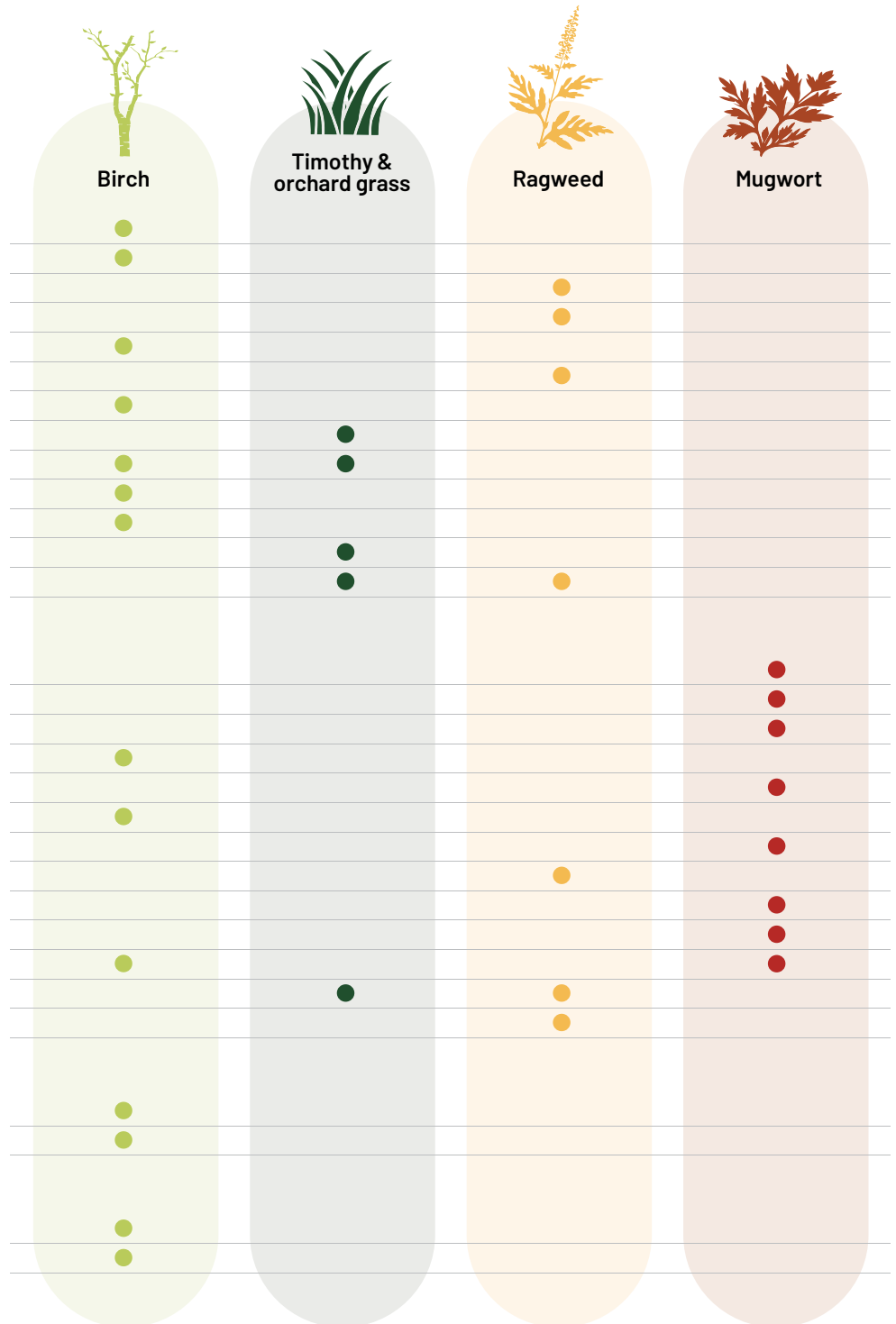


- Peanut
- Soybean

Tree Nuts*



- Almond
- Hazelnut



* Mouth or throat itching from peanut, soybean, almond and hazelnut may be indicators of more serious legume or tree nut allergies. See an allergist if such symptoms are noted.

Scan for digital version or visit
foodallergycanada.ca/oas-pfas
to download.

