

Oral Allergy Syndrome Chart

Oral allergy syndrome (OAS) is a condition where individuals with pollen allergies experience allergic reactions upon consuming specific raw fruits, vegetables, or nuts due to cross-reactivity between pollen proteins and food proteins. This chart serves as a guide for understanding, diagnosing, and managing OAS.

Foods associated with oral allergy syndrome				
Pollen	Fruit	Vegetable	Nuts	Grains
Birch	Kiwi, apple, pear, plum, peach, nectarine, apricot, cherry, banana, fig, avocado, strawberry, dried plum, mango	Celery, carrot, parsnip, parsley, dill, cumin, cilantro, fennel, potato, tomato, pepper (green), chicory	Hazelnut, almond, walnut, peanut	Soybeans, wheat, lentils, peas, beans
Ragweed	Banana, watermelon, melon, honey dew, cantaloupe	Squash, pepper, cucumber, artichoke, hibiscus, zucchini, chamomile tea	-	Sunflower seeds
Weeds	Melon, watermelon, orange, kiwi	Tomato	-	-
Wormwood	Apple, watermelon, melon	Celery, carrot, parsley, pepper, cilantro, fennel	-	-
Parietaria	Cherry, melon	-	-	-
Grass	Fig, melon, orange, kiwi, watermelon	Tomato, potato	Peanut	
Alder	Apple, cherry, peach, pear, strawberry, raspberry	Celery, parsley	Hazelnut, almond, walnut	-
Japanese cedar	-	Tomato	-	-
Mugwort	Mango	Celery, carrot	-	-
Plane	Apple	Lettuce, corn	Hazelnut, peanut	Chickpea

Food items and their manifestations	
Food	Manifestation
Jackfruit	Itching and burning in the mouth and throat
Salami	Mild pruritus in oral mucosa
Pork	Itching and angioedema of the lips and oral mucosa
Honey	Itching in the mouth, gastrointestinal symptoms, and angioedema
Tomato juice	Dyspnea, swelling of the oral and nasal mucosa, and congestion of the bulbar conjunctiva
Raw fish	Oropharyngeal irritation and facial angioedema
Peanut	Lip tingling, oral itching, lip swelling, and throat itching
Cashew nut	Sialorrhea, perioral urticarial rash, tongue swelling, and immediate vomiting
Grapes	Flushing of the face and neck, followed by local itchy skin rash, itching and edema of the oral and perioral mucosa, and moderate dyspnea
Sapodilla plum	Lip edema, accompanied by itching in the lips, tongue, and throat, as well as a feeling of dryness and hardness in the throat (glottic edema)
Cooked aubergine	Oral itching and significant perioral urticaria
Pistachio nuts	Oral and lip itching and swelling
Royal jelly	Lip, tongue edema, and palate itching
Mango	Oropharyngeal itching, tiredness, dizziness, and swelling of the face
Severity components	
Grade	Description
Grade I	Oral mucosa symptoms only (e.g., itching, mild swelling)
Grade II	Oral symptoms with gastrointestinal involvement (e.g., nausea, abdominal discomfort)
Grade III	Oral symptoms with systemic reactions (e.g., urticaria, asthma)
Grade IV-V	Life-threatening symptoms (e.g., laryngeal edema, anaphylaxis)

Seasonal patterns	
Spring	Increased symptoms associated with tree pollen (e.g., birch, oak).
Summer	Peaks in grass pollen-related symptoms.
Fall	Worsened symptoms due to ragweed pollen.
Management strategies	
Avoidance	Avoid trigger foods, especially in their raw form.
Cooking methods	Cooking or peeling fruits and vegetables to denature allergenic proteins.
Medications	Use over-the-counter antihistamines to alleviate mild symptoms.
Emergency preparedness	Have epinephrine auto-injectors available for individuals at risk of severe reactions.
Additional notes	

References:

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