

Oral Allergy Syndrome Chart

Patient Name:

Date of Birth:

Gender:

Medical History (if needed):

Symptoms

- Itchy/Tingly mouth
- Hives in the mouth
- Sore/scratchy throat
- Swelling lips/mouth/tongue/throat
- Other: _____

Referring Physician's Name:

Contact Number:

ORAL ALLERGY SYNDROME CHART

Season	Fruits	Vegetables	Seeds and Spices	Nut and Legumes
Spring (Birch)	Apple, Apricot, Cherry, Peach, Pear Plum, Kiwi	Carrot, Celery, Parsley		Peanut, Soybean, Almond, Hazelnut
Summer (Timothy and Orchard Grass)	Peach, Watermelon, Orange, Tomato	White Potato		
Late Summer- Fall (Ragweed)	Cantaloupe, Honeydew, Watermelon, Banana	Cucumber, White Potato, Zucchini		
Fall (Mugwort)		Bell Pepper, Broccoli, Cabbage, Cauliflower, Chard, Garlic, Onion, Parsley	Aniseed, Caraway, Coriander, Fennel, Black Pepper	

Additional Notes:

Sources:

Oral allergy syndrome (OAS). (2020, April 30). Allergy & Asthma Network.

<https://allergyasthmanetwork.org/health-a-z/oral-allergy-syndrome/>

Pollen allergy & foods. (2022, June). Food Allergy Canada. Retrieved December 11, 2023,

from <https://foodallergycanada.ca/wp-content/uploads/OAS-PFAS-chart-2022.pdf>