

Oral Allergy Syndrome Chart

Patient Information	
Patient Name:	Date of Birth:
Gender: Male Female Other:	
Medical History (if needed):	
Symptoms:	
<input type="checkbox"/> Itchy/Tingly mouth <input type="checkbox"/> Hives in the mouth <input type="checkbox"/> Sore/scratchy throat	<input type="checkbox"/> Swelling lips/mouth/tongue/throat <input type="checkbox"/> 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>