

# Pollen Food Allergy Syndrome Chart

Patient Information
Name:
Date of Birth:
Gender:
Symptoms (if needed):
Medical History:
Additional Notes:
Referring Physician's Name:

Pollen	Fruits	Vegetables	Seeds and Spices	Nuts and Legumes
Tree Pollen (Birch and Alder)  <i>Note: High around spring</i>	Apple, Apricot, Cherry, Peach, Pear, Plum, Coriander, kiwi, Nectarine, Strawberry	Carrot, Cauliflower, Parsley, Celery, Green Pepper, Potato, Tomato, Parsnip, Peas	Basic, Coriander, Fennel, Oregano, Paprika, Pepper, Thyme	Soy Beans, Bean Sprouts, May also be peanuts
Grass Pollen Note: High around summer	Peach, Watermelon, Orange, Tomato, Kiwi, Date, Melon	Potato, Swiss Chart, Wheat, Peas		Peanut
Weed Pollen	Apple, Melon, Orange, Peach, Tomato, Watermelon	Celery, Carrot, Green, Pepper, Onion	Sunflower seeds, Aniseed, Celery Salt, Mustard, Coriander, Fennel, Parsley	

## Sources:

Allergy UK. (n.d.). *Your quick guide to: Oral Allergy Syndrome (Pollen Food Syndrome)*. AllergyUK. Retrieved November 27, 2023, from <https://allergyuk.org/wp-content/uploads/2022/03/Oral-Allergy-Syndrome-v5.pdf>

*Oral Allergy Syndrome Symptoms, Diagnosis & Treatment* / AAAAI. (n.d.). [https://www.aaaai.org/tools-for-the-public/conditions-library/allergies/oral-allergy-syndrome-\(oas\)](https://www.aaaai.org/tools-for-the-public/conditions-library/allergies/oral-allergy-syndrome-(oas))