



Concomitants / Synergistic Foods

For some patients, allergic reactions can become more severe when another allergen- such as pollen- is present. When this happens, a food that might not normally cause a reaction can cause problems if the air is filled with certain pollens that cause reactions

Inhalants

Ragweed
Sage, mugwort
Grasses
Marigold
Cedar, juniper
Elm
Oak
Pecan, hickory
Birch
Dust
Pigweed
Ivy Ciliata (poison ivy)
Latex
Mesquite
Cottonwood
Candida
Grass

Foods

Milk, melons, banana, lettuce, mint
Celery, coriander, potato, tomato
Legumes, grains, apple, carrot, celery
Milk
Beef, yeast
Milk, mint
Egg, chestnut, apple
Corn, banana, apple
Hazelnut, carrot, celery, potato, orange Apple family- i.e. peaches, plums, nectarines
Peanuts, snails, oysters, clams, scallops
Pork, black pepper
Wheat
Banana, avocado, kiwi, chestnut, potato, cinnamon, plantain, potato, tomato, walnut
Cane sugar, orange
Lettuce
Cheese, mushrooms, vinegar, fermented mold foods
Legumes (peas, beans, soy)

Synergistic Foods

Synergistic foods are those that when combined or eaten together may cause allergic reactions- even though when eaten separately- they cause mild or no reactions.

Wheat— Banana

Cane sugar— Orange

Egg— Apple

Corn— Banana

Beef— Yeast (Bakers, brewer's, malt)

Milk— Mint

Pork— Black pepper

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Celery, coriander, potato, tomato

Legumes, grains, apple, carrot, celery

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Beef, yeast

Milk, mint

Egg, chestnut, apple

Corn, banana, apple

Hazelnut, carrot, celery, potato, orange

Apple family- i.e. peaches, plums, nectarines

Peanuts, snails, oysters, clams, scallops

Pork, black pepper

Wheat

Banana, avocado, kiwi, chestnut, potato, cinnamon, plantain, potato, tomato, walnut

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