



INTERESTING FOOD ALLERGY FACTS

CLANDESTINE CULPRITS

Many medications contain dangerous allergens. Experts suggest careful label reading, pharmacy consults and alternate prescriptions. Potential trouble spots:

- IV solutions can contain corn-based dextrose
- Flu shots contain residual egg proteins
- Glucosamine contains shellfish
- Adhesives can contain wheat
- Natural rubber latex cross-reacts with food allergens to banana, avocado, kiwi, and chestnut.
- Topical creams and medications can contain arachis oil, a peanut derivative.
- Over-the-counter and prescription medications can contain bindings, fillers or coatings made with potato, corn wheat, tapioca, dairy, coconut, gelatin, lactose or milk sugar.

Source: Food and Drug Administration

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CROSS-REACTIVITIES AMONGST POLLEN AND FOOD ALLERGENS

Sources	Food
<u>Pollen</u>	
Birch	Apple, carrot, cherry, pear, peach, plum, fennel, walnut, potato, spinach, wheat, buckwheat, peanut, honey, celery, kiwi fruit
Mugwort	Celery, carrot, spices, melon, watermelon, apple, chamomile, hazelnut
Grass	Melon, tomato, watermelon, orange, cherry
Pellitory	Cherry, melon
Ragweed	Melon, chamomile, honey, banana, sunflower seeds, kiwi, avocado
Pine	Pine nut
Hazel	Hazel nut
Latex	Avocado, potato, banana, tomato, chestnut, kiwi fruit, herbs, carrot
<u>Other</u>	
Oilseed rape(canola)	Avocado, banana
Shellfish	Mites

HIGH-RISK HOLIDAY FOODS

MILK	EGGS	WHEAT
Chocolate candies	Cake	Gravy
Eggnog	Doughnuts	Pork sausage
Gravy	Fruitcake	Stuffing
Ham	Gingerbread	PEANUTS
Imitation cheese	Meatballs	Cheesecake
Mashed potatoes	Meringue	Cookies
Pie	Mustard-based dressing or sauce	Meat marinade
Pudding	Pie	TREE NUTS
Soup	Potato pancakes	Cake
Stuffing	Strudel	Cookies
Turkey	Stuffing	Pie and pie crust
Whipped topping		Strudel