


## CHAPTER 3

# SIMPLE GUIDE ON POLLEN FOOD SYNDROME (PFS) ALLERGY

 **Fruits** and **Vegetables** can make the mouth itch. This is known as Pollen Food Syndrome ( or Oral Allergy Syndrome). Do you know what to watch out for? This chart may help you identify food that are triggers.

### Grass Pollen

**Fruits** Orange, Tomato, Kiwi, Melons, Water melon, Date, Fig

**Vegetables** Peas, Potatoes

**Other foods** Peanut

### Ragweed Pollen

**Fruits** Banana, melons, watermelon

**Vegetables** Cucumbers, zucchini

**Other foods**

### Tree Pollen

**Fruits** Apple, apricot, cherry, kiwi, lychee, nectarine, pear, plum, peach, prune, persimmon, strawberry

**Vegetables** Beans, carrot, celery, green pepper, potato, tomato, parsnip, peas

**Spices** Anise, basil, caraway, coriander, cumin, dill, fennel, marjoram, oregano, paprika, parsley, pepper, tarragon, thyme

**Nuts** Almond, Hazelnut, Walnut

**Other foods** Lentils, peanut, soyabean, sunflower seeds

### Mugwort Pollen

**Fruits** Apple, melons, orange, peach, tomato, watermelon

**Vegetables** Carrot, onion, parsnip, celery, green pepper

**Spices** Anise, basil, caraway, coriander, dill, fennel, marjoram, mustard, oregano, paprika, parsley, pepper, tarragon, thyme

**Other foods** Chamomile, sunflower seeds

Note: A person with PFS may not react to all related foods.