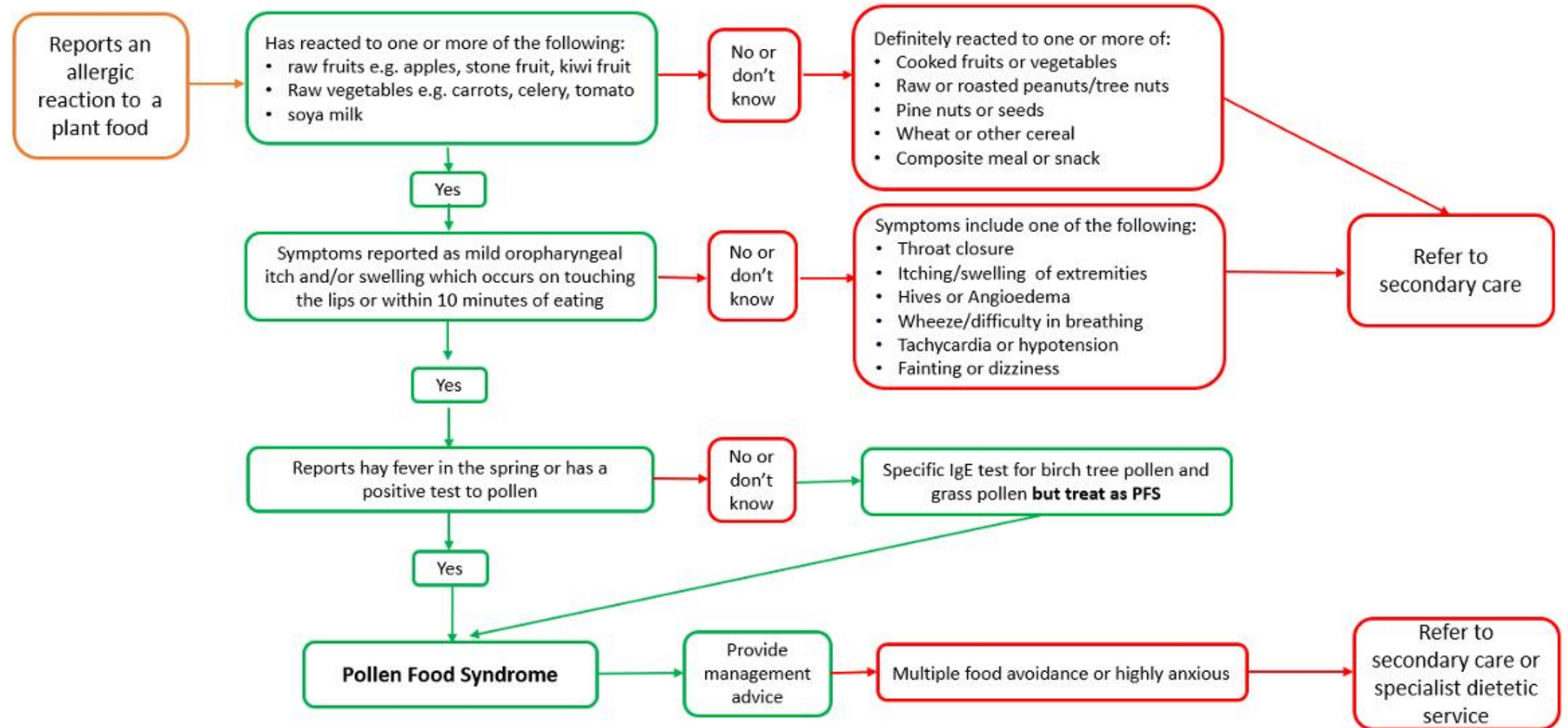


# Pollen Food Allergy Syndrome

[https://www.bsaci.org/wp-content/uploads/2022/08/Pollen-Food-Syndrome-leaflet-for-GPs\\_Aug2022.pdf](https://www.bsaci.org/wp-content/uploads/2022/08/Pollen-Food-Syndrome-leaflet-for-GPs_Aug2022.pdf)

## BSACI GP leaflet algorithm



## Your quick guide to: Oral Allergy Syndrome (Pollen Food Syndrome)

Pollen	Fruit	Vegetables	Seeds and spices	Nut
Tree pollen (typically birch and alder)	Apple, apricot, cherry, coriander, kiwi, nectarine, parsley, peach, pear, plum, strawberry	Celery, bean sprouts, carrot, mange tout, green pepper, potato, soya, tomato, parsnip, peas	Basil, coriander, fennel, oregano, parsley, paprika, pepper, thyme	Almond, brazil nut, hazelnut, walnut
Grass pollen	Kiwi, melon, orange, watermelon, date	Potato, swiss chard, tomato, wheat, peas		Peanut
Weed pollen (typically mugwort)	Apple, melon, orange, peach, tomato, watermelon	Celery, carrot, green pepper, onion	Sunflower seed, aniseed, celery salt, mustard, spices, coriander, fennel, parsley	

### Clinical contributions:

#### Allergy UK Clinical Team

Margaret Kelman, Specialist Allergy Nurse

#### Clinical Reviewers

Dr Huw Steven Jenkins, Consultant Physician Allergy and Respiratory, Mid Essex Hospital  
 Kathryn Powrie, Allergy Nurse Specialist, Mid Essex Hospital

### Additional Resources / References

Allergic Rhinitis and Hay Fever Factsheet  
<https://www.allergyuk.org/resources/allergic-rhinitis-and-hay-fever-fact-sheet/>  
 Lipid Transfer Protein Allergy  
<https://www.allergyuk.org/resources/lipid-transfer-protein-allergy/>

### Allergy UK Helpline

Mon-Fri, 9am-5pm:

Call: 01322 619 898

Email: [info@allergyuk.org](mailto:info@allergyuk.org)

Visit us at:

**allergyuk.org**

Last review date: 04/21 Next review: 04/24 Version 5

If you have any comments about this Factsheet, contact Allergy UK on [info@allergyuk.org](mailto:info@allergyuk.org). The guidance in this Factsheet is based on current best practice and may be subject to change in the light of new relevant information.

Allergy UK is the operational name of The British Allergy Foundation, a charitable company limited by guarantee and registered in England and Wales, Company no: 4509293, Charity no: 1094231. Registered in Scotland. Charity no: SC039257.