

CONCOMITANT FOODS

A concomitant food is one, which provokes a reaction in a susceptible individual when another allergen (such as pollen) is present. This means you can be more reactive or have more symptoms following the ingestion of specific foods during certain pollinating seasons. For example; under normal circumstances you are able to eat beans without any adverse reactions, but when the air is filled with grass pollens, you find that you experience reactivity to beans. This is because legumes and grass pollens are concomitant. You may not even have obvious pollen sensitivity, but can exhibit symptoms when this concomitancy is present.

Inhalant

Grasses (APRIL-AUG)

Bermuda, Meadow
Fescue, Kentucky Blue
(June)

Timothy, (all poods)

Rye

Weeds (AUG-DEC)

Ragweed

Mugwort

Russian Thistle
Cocklebur
Plantain (English)
Marsh-elder
Lamb's Quarter
Sorrel, Dock
Pigweed

Cross-Reacting Foods

Oats, Barley, Wheat, Rye, Rice, Wild Rice,
Bamboo Shoots, Corn (Maize)

Apple, Bamboo Shoots, Barley, Carrot,
Celery, Corn (Maize), Oats, Potato, Rice
(white, brown, wild), Rye, Wheat,
(legumes, cottonseed)
Bamboo Shoots, Barley, Corn (Maize),
Oats, Rye, Rice (white, brown, wild),
Wheat

Artichoke, Banana, Cantaloupe, Cucumber,
Dandelions, Echinacea, Hibiscus or
Chamomile tea, Honeydew, Sunflower
Seeds, Watermelon, Zucchini, (lettuce,
milk)

Apple, Carrot, Celery, Coriander Fennel,
Kiwi, Lettuce, Melons, Parsley, Peanut,
Peppers, Sunflower, (potato)

Beets, Spinach
Sunflower Seeds

Melons

Wheat

Spinach, Beets

Buckwheat, Rhubarb

Amaranth

Trees (MARCH-MAY)

Ash
Birch

Box Elder Maple
Cedar
Elm
Hickory
Oak
Pecan
Walnut (Black)

Molds (Year Round)

Aspergillus,
Epicoccum, Mucor,
Pencilium

Olive fruits and vegetables
Apple, Almonds, Apricots, Avocados,
Bananas, Carrot, Celery, Cherry, Chicory,
Coriander, Fennel, Hazelnut, Kiwifruit,
Nectarines, Parsley, Parsnips, Peach, Pear,
Peppers, Plums, Prunes, Raspberry,
Strawberry, Wheat, (potato,orange),
possibly Walnuts

Maple syrup

Beef, Yeasts, Juniper Berries
Milk

Walnut, Butternut, Hickory, Pecan
Chestnut, Egg, Acorn Flour
Corn, Banana

Walnut, Butternut, Hickory,
Pecan

Cheese, Mushrooms, Vinegar
and foods containing vinegar (salad
dressing, ketchup, and pickles), Sour
cream, Sour milk and Buttermilk. Meat or
fish more than 25 hours old. Sour breads
(pumpnickel and other foods made with
a lot of yeast), breads and other foods
made with yeast. Sauerkraut, Soy
sauce, Hot dogs, Sausages, Canned
juices, Dried fruits (dates,
prunes, figs, raisins), Beer/ wine.

Allergy Relief
SOLUTIONS
A DEPARTMENT OF NORTHSIDE ENT