

Concomitant/Synergistic Foods



For some people, 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.

Concomitant/Synergistic Foods

Inhalants	Foods
Ragweed	Milk, melons, banana, lettuce, mint
Sage, Mugwort	Celery, coriander, potato, tomato
Grasses	Legumes, grains, apple, carrot, celery
Marigold	Milk
Cedar, Juniper	Beef, yeast
Elm	Milk, mint
Oak	Egg, chestnut, apple
Pecan, Hickory	Corn, banana, apple
Birch	Hazelnut, carrot, celery, potato, orange
	Apple Family - i.e. Peaches, plums, nectarines
Dust	Peanut, snails, oysters, clams, scallops
Pigweed	Pork, black pepper
Poison Ivy	Wheat
Latex	Banana, avocado, kiwi, chestnut, potato
	Cinnamon, plantain, tomato, walnut
Mesquite	Cane sugar, orange
Cottonwood	Lettuce
Candida	Cheeses, mushrooms, vinegar, fermented or moldy foods
Grass	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
Milk & Mint	Pork & Black Pepper
Beef & Yeast (Baker's, brewer's malt)	