Inhalant Cross-Reactivity with Food © DrMeletis.com	
Grasses	
• Bermuda Grass	• Apple, Celery, Cherry, Corn, Dates, Egg Whites, Figs, Garlic, Kiwi, Litchi, Melon, Olive, Onion, Orange, Paprika, Peaches, Peanuts, Peas, Peppers, Pork, Potato, Rapeseed, Swiss chard, Sunflower, Tomato, Watermelon, Wheat, (other gluten contain grains)
• Brome Grass	• Apple, Celery, Cherry, Corn, Dates, Egg Whites, Figs, Garlic, Kiwi, Litchi, Melon, Onion, Orange, Paprika, Peaches, Peanuts, Peas, Peppers, Pork, Potato, Swiss chard, Tomato, Watermelon, Wheat, (other gluten contain grains)
• Johnson Grass	• Apple, Celery, Cherry, Corn, Dates, Egg Whites, Figs, Garlic, Kiwi, Litchi, Melon, Onion, Orange, Paprika, Peaches, Peanuts, Peas, Peppers, Pork, Potato, Swiss chard, Tomato, Watermelon, Wheat, (other gluten contain grains)
• Kentucky Blue Grass	• Apple, Celery, Cherry, Corn, Dates, Egg Whites, Figs, Garlic, Kiwi, Litchi, Melon, Onion, Orange, Paprika, Peaches, Peanuts, Peas, Peppers, Pork, Potato, Swiss chard, Tomato, Watermelon, Wheat, (other gluten contain grains)
• Orchard Grass	• Apple, Celery, Cherry, Corn, Dates, Egg Whites, Figs, Garlic, Kiwi, Litchi, Melon, Onion, Orange, Paprika, Peaches, Peanuts, Peas, Peppers, Pork, Potato, Swiss chard, Tomato, Watermelon, Wheat, (other gluten contain grains)
• Perennial Rye Grass	• Apple, Celery, Cherry, Corn, Dates, Egg Whites, Figs, Garlic, Kiwi, Litchi, Melon, Onion, Orange, Paprika, Peaches, Peanuts, Peas, Peppers, Pork, Potato, Swiss chard, Tomato, Watermelon, Wheat, (other gluten contain grains)

• Sweet Vernal Grass	• Apple, Celery, Cherry, Corn, Dates, Egg Whites, Figs, Garlic, Kiwi, Litchi, Melon, Onion, Orange, Paprika, Peaches, Peanuts, Peas, Peppers, Pork, Potato, Swiss chard, Tomato, Watermelon, Wheat, (other gluten contain grains)
• Timothy Grass	• Apple, Celery, Cherry, Corn, Dates, Egg Whites, Figs, Garlic, Kiwi, Litchi, Melon, Onion, Orange, Paprika, Peaches, Peanuts, Peas, Peppers, Pork, Potato, Swiss chard, Tomato, Watermelon, Wheat, (other gluten contain grains)
Indoor	
• Cat Dander	• Cattle, Dog, Ferret/Fitchew, Fox, Horse, Mink, Mouse, Pork, Racoon, Rat, Sheep
• German Cockroach	• Dust, Dust Mites, Shrimp (and other crustacean species)
• Dermatophagoides farina	• Cockroaches, Clams, Crab, Mosquito, Moths, Mussels, Oyster, Peanuts, Scallops, Shellfish, Shrimp, Silverfish, Squid (all crustacea)
• Dermatophagoides pteronyssinus	• Cockroaches, Clams, Crab, Mosquito, Moths, Mussels, Oyster, Peanuts, Scallops, Shellfish, Shrimp, Silverfish, Squid (all crustacea)
• Dog Dander	• Cat, Cattle, Ferret/Fitchew, Fox, Horse, Mink, Mouse, Pork, Racoon, Rat, Sheep
• Latex	• Apple, Apricot, Avocado, Banana, Birch, Buckwheat, Cabbage, Carrot, Celery, Cherry, Chestnut, Chickpea Coconut, Corn, Dill, Fig, Grape, Kiwi, Lettuce, Mango, Melons, Mugwort, Orange (citrus fruit), Oregano, Nectarine, Passion fruit, Papaya, Peach, Peanut, Pear, Peppers, Pineapple, Plane Tree, Plum, Potato, Ragweed, Rye grass, Sage, Shellfish, Soybean, Strawberry, Sunflower, Timothy, Tomato, Walnut, Zucchini

Molds	
• Aspergillus fumigatus	• Mildew, Molds, Mushrooms, Yeast (possibly fermented and aged drinks and foods)
• Alternaria tenuis/alternata	• Mildew, Molds, Mushrooms, Yeast (possibly fermented and aged drinks and foods)
• Cladosporium herbarum	• Mildew, Molds, Mushrooms, Yeast (possibly fermented and aged drinks and foods)
• Penicillium notatum	• Mildew, Molds, Mushrooms, Yeast (possibly fermented and aged drinks and foods)
Weeds	
• Cocklebur	• Cannabis, Goldenrod, Hemp, Kochia, Lamb's Quarters, Marsh Elders, Pigweed, Ragweed, Russian thistle
• Common Ragweed	• Apple, Banana, Cantaloupe, Chamomile, Cucumbers, Dairy, Dandelion, Echinacea, Honey, Honeydew/Melons, Lettuce, Mango, Milk, Milk Thistle, Mint, Nuts, Sunflower, Tomato, Watermelon, Zucchini
• English Plantain	• Birch, Cypress, Grass, Lamb's Quarter, Melons, Olive, Pellitory, Pine, Psyllium, Ragweed, Rye grass, Wheat grass
• Firebush	• Artichoke, Beets, Chard, Chicory, Chrysanthemum, Dandelion, Feverfew, Lettuce, Spinach, Sunflower, Quinoa
• Lamb's Quarters	• Amaranth, Beet, Birch, Grasses, Olive, Spinach, Quinoa
• Mugwort	• Aniseed, Apple, Basil, Broccoli, Cabbage, Caraway, Carrot, Cauliflower, Celery, Chamomile, Coriander, Cumin, Dill, Fennel, Garlic, Hazelnut, Kiwi, Marjoram, Melon, Mustard, Orange, Oregano, Onion, Paprika, Parsley, Parsnip, Peach, Peppers, Spices, Sunflower, Tarragon, Thyme, Tomato, Watermelon
• Nettle	• Stinging Nettles

• Pigweed	• Amaranth, Beet, Birch, Goldenrod, Grasses, Olive, Ragweed, Russian Thistle, Spinach, Quinoa
• Rough Marshelder	• Cannabis, Goldenrod, Hemp, Kochia, Lamb's Quarters, Marsh Elders, Pigweed, Ragweed, Russian thistle
• Russian Thistle	• Amaranth, Beet, Birch, Goldenrod, Grasses, Olive, Ragweed, Russian Thistle, Spinach, Quinoa
• Sheep Sorrel	• Buckwheat, Japanese Knotweed/Resveratrol, Rhubarb
• Wormwood	• Aniseed, Apple, Basil, Artemisia, Artichoke, Broccoli, Cabbage, Caraway, Carrot, Cauliflower, Celery, Chamomile, Chicory, Coriander, Chrysanthemum, Cumin, Dandelion, Dill, Fennel, Feverfew, Garlic, Hazelnut, Kiwi, Marjoram, Melon, Mustard, Orange, Oregano, Onion, Paprika, Parsley, Parsnip, Peach, Peppers, Spices, Sunflower, Tarragon, Thyme, Tomato, Watermelon
Trees	
• Acacia	• Alfalfa, Carob, Chickpea, Clover, Fenugreek, Green Beans, Jicama, Kudzu, Lentil, Licorice, Lima Beans, Mesquite, Mimosa, Peanut, Senna, Soybean
• American Beech	• Alder, Birch, Beech, Hazelnut, Oak pollen
• American Elm	• Apple, Almond, Apricot, Basil, Brazil nut, Caraway, Carrots, Celery, Cherry, Coriander, Dill, Fennel, Hazelnut, Kiwi, Marjoram, Nectarine, Oregano, Paprika, Peach, Peanut, Pear, Peppers, Plum, Potato, Tarragon, Tomato, Walnut
• American Hazelnut	• Birch, Cannabis, Kiwi, Mugwort, Peach, Poppy seeds, Sesame, Tomato and (tree nuts)
• Box Elder	• Willow, White Willow Bark as Supplement
• Cottonwood	• Aspen, Cottonwoods, Grass, Mesquite (BBQ), Poplar, Willow
• European White Birch	• Almond, Aniseed, Apple, Apricot, Buckwheat, Carrot, Caraway, Celery, Cherry, Coriander, Cumin, Dill, Fennel, Hazelnut, Honey, Kiwi, Nectarine, Parsley, Parsnip,

	Pear, Peach, Peanut, Peppers, Persimmons, Plum, Potato, Prune, Soybean, Spinach, Tomato, Walnut, Wheat, (all tree nuts)
• Grey Alder	• Alder, Beech, Birch, Chestnut, Hornbeam, Grasses, Hazel, Latex, Mugwort, Olive, Ragweed, Sunflower
• Hickory	• Tree Nuts
• Italian Cypress	• Banana, Birch, Cocksfoot, Couch grass, Lamb's quarters Pine, Italian cypress, Ragweed, Rye grass, Lamb's quarters, Pellitory, Olive, Plantain (see cross-reactions of Birch and Ragweed)
• Mesquite	• Almond, Aniseed, Apple, Apricot, Barbeque (BBQ) and mesquite flavorings, Buckwheat, Carrot, Caraway, Celery, Cherry, Coriander, Cumin, Dill, Fennel, Hazelnut, Honey, Kiwi, Lima bean, Mesquite, Nectarine, Parsley, Parsnip, Pear, Peach, Peanut, Peppers, Persimmons, Plum, Potato, Prune, Soybean, Spinach, Tomato, Walnut, Wheat, (all tree nuts)
• Mountain Cedar (Juniper)	• Banana
• Pecan	• Tree Nuts Potential Cross-Reaction
• Walnut	• Alder, Birch, Elm, Hazelnut, Peach, Tree Nuts
• White Ash	• Banana, Birch, Forsythia, Jasmine, Latex, Lilac, Olive, Peppers, Potato, Privet, Tomato
• White Mulberry	• Breadfruit, Fig, India rubber plant, Jackfruit; [Possibly all cross-reactions for Latex (see above)]
• White Oak	• Alder, Beech, Japanese Hops, Mugwort, Oak, Ragweed, Rye grass, Mugwort (See all cross-reactions for Ragweed)
• White Pine	• Birch, Mugwort, Olive, Pine, Pine nuts, Rye grass (See all cross-reactions with Birch)