



Cross-Reactions Between Foods

Cross-reactions occur when the immune system confuses proteins in one food with those in another, causing allergic-like responses.

Common Cross-Reactions

Gluten and Dairy

- People with gluten sensitivity may also react to dairy (casein).

Birch Pollen and Foods (Oral Allergy Syndrome)

- **Triggers:** Apples, carrots, celery, cherries, hazelnuts, peaches

Latex and Foods

- **Triggers:** Bananas, avocados, kiwis, chestnuts

Ragweed and Foods

- **Triggers:** Melons (watermelon, cantaloupe), zucchini, cucumber