

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, Russia 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
Rough Marshelder	Cannabis, Goldenrod, Hemp, Kochia, Lamb's Quarters, Marsh, Elders, Pigweed, Ragweed, Russian
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)



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