



What is oral allergy syndrome?

Oral allergy syndrome (OAS) is an allergic reaction in the mouth or throat to fresh fruits and vegetables.

Who gets OAS?

People with the following may have symptoms after eating fresh fruits and vegetables:

- Allergy to tree pollen
- Allergy to weeds
- Hay fever

What are the symptoms of OAS?

- Common symptoms of OAS are itching and swelling in the lips, mouth, tongue or throat. These symptoms rarely spread to other parts of the body.
 - Symptoms usually go away quickly once you swallow the food or take the food out of your mouth.
 - These symptoms can be annoying, but rarely cause a severe reaction.
- Symptoms usually go away on their own (without treatment).

What causes OAS?

- OAS is caused by allergens found in both fresh food and pollen.
- Some people who are allergic to ragweed have symptoms while eating watermelon, cantaloupe and other melons as well as some vegetables, including cucumber and squash.
- Some people who are allergic to birch tree pollen may have symptoms when eating apples, celery and kiwi.
- Other common foods that may cause OAS are carrots, potatoes, tomatoes, apricots, bananas, cherries, oranges, peaches and pears.

What is the treatment?

- Follow your allergist's advice about how to treat any reactions.
 - For some people, symptoms improve with regular doses of antihistamines.
 - Your allergist may also treat OAS with allergy shots.
- You may be able to eat baked or cooked fruits and vegetables because the heat destroys the allergens. Talk with your allergist for more information.

Read more about OAS at aaaai.org/.

This Family Education Sheet is available [Arabic](#) and [Spanish](#).