



Concomitant Foods

There is a direct link between inhalant allergies and problems with some foods. Concomitant and synergistic foods are listed below. Simply stated, if you have a known allergy to ragweed for example, you may want to see if milk, melons, or bananas cause you problems as well.

Too often we are aware of pollen allergies and never think there might be foods that give us corresponding difficulties. Below are some allergies that have shown to be proven concomitant related foods.

Allergen

Concomitant Food

Ragweed:

Milk, melons, bananas, eggs

Weeds:

Marigolds

Milk

Pigweed

Pork, Black Pepper

Sage

Potatoes

Grass:

Legumes, Beans, Peas, Soybeans
Cottonseed (cooking oil)

Trees:

Birch

Apples, Hazelnuts, Carrots, Celery

Cedar

Beef, Yeast (bakers, brewers, malt)

Elm

Milk, Mint

Oak

Eggs, Apples

Pecan

Corn, Banana

Molds:

Cheese, Mushrooms

Synergism – When the presence of one food increases the reaction to another, even though the foods may be biologically unrelated. Beef and bakers yeast are synergistic, which is why beef hamburgers on a yeast bun are so popular.

Synergistic Foods:

Corn

Bananas

Beef

Bakers and Brewers yeast

Can Sugar

Oranges

Milk

Mint

Egg

Apples

Pork

Black Pepper