



Banana

Banana can trigger **Latex-Fruit Syndrome** due to class I chitinases (e.g., Mus xp 1) cross-reacting with latex (Hev b 6). Symptoms: oral itching, swelling, or anaphylaxis (rare). Also linked to **birch pollen OAS** via profilin (Mus xp 4). Common in latex-sensitized individuals.

Nutrients

Recipe preparation steps



Oral Allergy Syndrome (OAS), Skin Reactions, Swelling, Digestive Issues, Anaphylaxis



Avoidance, Antihistamines, Epinephrine Auto-Injector, Medical Consultation, Reading Labels

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