



Carrot

Carrots may trigger oral allergy syndrome (OAS) in birch pollen-sensitized individuals due to cross-reactivity with Bet v 1-like proteins. Symptoms typically include itching or swelling of the mouth/throat; cooking often reduces allergenicity. Rarely causes systemic reactions.

Nutrients

Recipe preparation steps

n.syn Oral Allergy Syndrome (OAS), Skin Reactions, Digestive Issues, Respiratory Symptoms, Anaphylaxis (Rare)

en.h Avoidance, Antihistamines, Epinephrine Auto-Injector, Allergy Testing, Cooking Carrots, Immunotherapy (Experimental)

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