



## Dates

Dates may rarely trigger allergies via profilin or lipid transfer proteins (LTP). Symptoms include oral itching, urticaria, or anaphylaxis (very rare). Cross-reactivity with other fruits (e.g., peach) or latex-fruit syndrome is possible.

## Nutrients

## Recipe preparation steps



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



Avoidance, Antihistamines, Epinephrine Auto-Injector, Consult an Allergist, Read Food Labels

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