



# Pumpkin

Pumpkin (*Cucurbita* spp.) is a rare allergen but may trigger oral allergy syndrome (OAS) in birch pollen-sensitive individuals, causing itching/swelling of mouth/throat. Cross-reactivity with other Cucurbitaceae (e.g., zucchini, melon) is possible. Severe reactions are uncommon.

## Nutrients

## Recipe preparation steps



Skin Rash or Hives, Itching or Tingling in the Mouth, Swelling of lips, face, or throat, Nausea or Vomiting, Abdominal pain or cramps, Diarrhea, Difficulty breathing or wheezing, Dizziness or Lightheadedness



Avoidance of pumpkin and pumpkin-containing products, Antihistamines, Epinephrine auto-injector (for severe reactions), Topical corticosteroids, Consultation with an allergist,

Reading food labels carefully, Carrying an allergy action plan

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