

# Foods that may worsen your seasonal allergies

Eating certain foods during allergy season can make your seasonal allergies worse. At the same time, having a seasonal allergy can cause you to have a minor allergy to some of these foods. Your body can sometimes mistake this food as pollen and trigger a "cross-reaction", causing itchiness and tingling of the lips, mouth, tongue or throat. **Use the charts below to find out what may make your allergies worse.**

