

Dr. *Nancy* BECKER

EARS, NOSE & THROAT ☉ ALLERGY THERAPY ☉ FACIAL PLASTIC SURGERY

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If you tested positive to any of the following inhalants, please be aware of the following foods that may cause a cross-reaction:

RAGWEED (August-frost)	Milk, melons, bananas, cucumbers, lettuce
MARSH ELDER (May-August)	Wheat
GRASS (April-August)	Legumes-beans, peas, soybeans, cottonseed (oil), kiwi, melon, tomato, wheat, other grains
ELM (February-March)	Milk, chocolate
OAK	Apple
COTTONWOOD	Wheat, tea
DUST	Nuts
MUGWORT	Carrot, celery
LATEX	Avocado, bananas, chestnut, kiwi, cherry, peaches, rose family
DUST MITES	Shrimp, snail