



Allergies and Asthma



Do you ever notice your mouth feels itchy after eating an apple? Have you ever had a scratchy throat after snacking on some cherries? Pollen Food Allergy Syndrome (PFAS) may be to blame!

If you have a pollen allergy, your immune system will sometimes confuse the proteins in certain foods you eat with the proteins found in pollen. This is known as a cross-reaction. This cross-reaction can cause an allergic reaction that usually affects the lips, mouth, and throat. Symptoms usually last a few minutes to half an hour, and typically include:¹

- itching or tingling of the mouth and throat (the most common symptom)
- feeling of throat discomfort
- hoarseness
- lip/face swelling or redness
- itching of the ears and nose

Foods that can commonly cause this type of reaction include:¹

Pollen Allergy	Cross-Reactive Foods
Birch	Apple, pear, plum, kiwi, apricot, cherry, tomato, celery, carrot, fennel, potato, green pepper, cumin, hazelnut, walnut, almond, peanut, lentil
Ragweed	Melons, banana, zucchini, cucumber, squash
Grass	Melons, orange, tomato, kiwi, potato, Swiss chard, peanut

Trial & Error. Just because you have a pollen allergy doesn't mean you'll experience a reaction. If you do experience a reaction with one of these foods, it doesn't mean you'll experience a reaction with other foods in the same group! Treatment for PFAS. Sometimes heating or peeling the foods will help, however, treating PFAS typically involves avoiding the foods that cause you unpleasant symptoms.¹

1. *Pollen Food-Allergy Syndrome.*(2022) Nemours KidsHealth <https://kidshealth.org/en/parents/oas-syndrome.html>

Hawaiian Chicken Salad

YIELD: 4 SERVINGS

Time: 30 minutes

This Hawaiian Chicken Salad is a great light summertime meal, full of tropical flavors and vibes

Ingredients

Chicken

- 1lb boneless skinless chicken thighs
- 1/2 cup coconut milk
- 1/3 cup pineapple juice
- 2 Tbsp soy sauce
- 2 Tbsp ketchup
- 2-3 garlic cloves, finely chopped
- 1 tsp ginger, finely chopped

Salad

- Handful spinach arugula mix
- 1/2 pineapple, cut into 3/4 inch slices
- 1 cup fresh or frozen corn kernels
- 1 avocado, diced
- 1 cup cherry tomatoes, halved
- 1/2 carrot, cut into matchsticks

Dressing

- 1/2 cup pineapple juice
- 3 Tbsp olive oil
- 2 Tbsp white vinegar
- 1 Tbsp sriracha
- 1 Tbsp sesame oil



Instructions

- Mix marinade ingredients together, then pour over chicken in a Ziploc bag. Seal and place in the refrigerator. For the best flavor, we recommend starting the marination in the morning.
- See notes for stovetop method) Preheat grill to 350 °F. Grill the chicken for 5-7 minutes per side, until it reaches an internal temperature of 165 °F. Remove to a plate, rest for 5 minutes, then slice into 1-inch strips.
- Meanwhile, grill the pineapple slices for 3-4 minutes per side, until they become tender and start to caramelize.
- Optionally, you can fry the corn kernels in an oiled skillet. It adds great flavor. Alternatively, you can use pre-cooked corn or microwave the fresh kernels.
- On a bed of spinach and arugula, arrange your chicken, pineapple, and veggies. Serve along with the dressing.

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Send your questions to usaf.ibsa.afmsa.mbx.hpo@mail.mil. For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>



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