

Nutritional Concept's

RAGWEED FOODS: REMOVE AND REPLACE

RAGWEED ALLERGY IS NOT JUST IN THE AIR.

Ragweed affects millions from mid-August to first frost. Following is a list of foods that cross-react in ragweed-allergic/sensitive individuals, which can exacerbate symptoms. To make it easier to eliminate the offenders, we offer these replacements.

RAGWEED CROSS-REACTORS

REPLACE WITH

Eliminate the following from August 15 until first frost:

Melon or Gourd Family

Cantaloupe
Casaba
Crenshaw
Cucumber
Gherkin (pickle)
Honeydew
Pumpkin
Squash
Watermelon
Zucchini

Any tolerated fruit
Any tolerated fruit
Any tolerated fruit
Kohlrabi, Turnip, Radish
Capers
Any tolerated fruit
Sweet Potato
Potato
Green Tea, Cranberry (diuretics)
Potato

Other

Banana

Chamomile

Apricots, Kiwi for potassium or
Applesauce to bind
Green, Black, White tea

If still symptomatic after one week, eliminate these as well:

Daisy (Aster) Family (ragweed is a member)

Artichoke
Chamomile
Chicory
Dandelion

Endive
Escarole
Inulin fiber (most brands are made from chicory)
Jerusalem artichoke
Lettuce
Romaine
Safflower/Sunflower

Sesame

Stevia
Tarragon

Avocado
Green, Black, White tea
N/A
Beet/Mustard Greens, Kale,
and Swiss Chard
Napa Cabbage
Baby Spinach, Parsley
Methylcellulose, Ground Flaxseed
Rice-based Pasta
Bok Choy, Cabbage, Kale, Spinach
Bok Choy, Cabbage, Kale, Spinach
Avocado, Canola, Coconut,
Grapeseed, and Olive Oils; Nuts
Avocado Oil, Coconut/Oil,
and Poppy Seeds
Agave Nectar
Basil, Chive, Parsley, Saffron