

## Celery allergy

Allergy to celery is thought to be rare in the UK but reactions can sometimes be serious. If you are wondering about signs and symptoms of celery allergy and what foods you might need to avoid, this factsheet has information to help. If you suspect you have an allergy to celery speak to your GP.

### What is a celery allergy?

Celery allergy is a type of food allergy. Food allergy occurs when the body's immune system wrongly identifies a food as a threat. When this happens, the body releases chemicals, such as histamine, in response. It is the release of these chemicals that causes symptoms.

Celery is used in food in various forms, including:

- celery sticks
- celery leaves
- celery spice/salt
- celery seeds – which can be used to make celery spice/salt
- celery root (also known as celeriac).

If you have a celery allergy you may react to any part of the celery plant. The most common cause of allergic reactions to celery in the UK is a condition known as pollen food syndrome.

### What is pollen food syndrome?

Pollen food syndrome can cause allergic reactions when you eat certain fruits or vegetables. This is because the proteins in pollen are similar to the proteins in the fruits and vegetables. It usually occurs in people with hay fever who are allergic to pollens.

[Read more about pollen food syndrome.](#)

## What are the symptoms of pollen food syndrome?

Symptoms are usually mild and may respond to antihistamines but speak to your doctor to make sure this is the right treatment for you.

Symptoms of [pollen food syndrome](#) usually include:

- redness, mild swelling or itching of the lips, tongue, inside of the mouth, and ears
- itching and mild swelling of the throat
- occasionally, people might also have symptoms in the oesophagus (food pipe) or stomach, causing stomach pain, nausea and vomiting
- sneezing, runny nose, or symptoms affecting the eyes.

Rarely, more serious symptoms can occur, known as [anaphylaxis](#) (ana-fil-ax-is).

Serious symptoms are unusual because the proteins that cause the pollen food syndrome are unstable and are destroyed with heat or once they reach the stomach.

Most people with pollen food syndrome have allergic reactions if they eat the raw fruit or vegetables, but they are able to eat the cooked fruit or vegetables without any problem.

However, if you have an allergy to celery that's not because of cross reaction with pollen, you may have a reaction to celery even when it is cooked.

## More serious symptoms

More serious symptoms are often referred to as the ABC symptoms and can include:

- AIRWAY - swelling in the throat, tongue or upper airways, hoarse voice, difficulty swallowing.
- BREATHING - sudden onset wheezing, breathing difficulty, noisy breathing, persistent cough.
- CIRCULATION - dizziness, feeling faint, sudden sleepiness, confusion, pale clammy skin, loss of consciousness or collapse.

The term for this more serious reaction is **anaphylaxis** (ana-fil-ax-is).

Most healthcare professionals consider an allergic reaction to be anaphylaxis when it involves difficulty breathing or affects the heart rhythm or blood pressure. Any one or more of the ABC symptoms above may be present.

In extreme cases there could be a dramatic fall in blood pressure. The person may become weak and floppy and may have a sense of something terrible happening. Any of the ABC symptoms may lead to collapse and unconsciousness and, on rare occasions, can be fatal.

[Read more about anaphylaxis.](#)

## Getting a diagnosis

If you think you may be allergic to celery, see your GP who can refer you to a specialist allergy clinic if needed. They can find a clinic in your area from the [British Society for Allergy and Clinical Immunology \(BSACI\)](#).

It's important to get a referral even if your symptoms were mild because it can be hard to tell if future allergic reactions could be more serious.

Once you get a referral, the consultant will discuss your medical history and symptoms with you. They might suggest skin prick tests, blood tests, and food challenge tests to help diagnose the allergy and work out how serious it may be.

[Read more about allergy testing.](#)

## What can mean you're at higher risk?

Some clues that you might be at higher risk of more serious reactions are:

- you have already had a serious reaction, with any of the ABC symptoms
- you have asthma, especially if it is not well controlled
- you have reacted to cooked celery
- you have reacted to a tiny amount of celery.

If you have asthma and it is not well controlled, this could make an allergic reaction worse. Make sure you discuss this with your GP or allergy specialist and take any prescribed medicines.

## Treating symptoms

If you have mild allergic symptoms, you may be prescribed antihistamine medicine that you take by mouth. But if you are at risk of a serious allergic reaction (anaphylaxis), you may be prescribed adrenaline – the emergency medicine used to treat anaphylaxis. It is also known as epinephrine.

Because anaphylaxis can happen very quickly, adrenaline is available in different forms that are designed to be easy to use. It's important to know exactly how and when to use your prescribed adrenaline. Healthcare professionals can show you how to use it, and there are also resources such as practice devices and videos on manufacturer websites.

Options currently available on prescription in the UK include:

- **Adrenaline auto-injectors (AAIs)** – such as EpiPen and Jext.
- **Intranasal adrenaline** – EURneffy, a needle-free nasal spray.

You must carry two in-date forms of prescribed adrenaline at all times as a second dose may be needed if symptoms do not improve after five minutes or get worse.

[Find out more about what to do in an emergency.](#)

[Find out more about adrenaline.](#)

## Avoiding celery

Once you have been diagnosed with a celery allergy, you will need to avoid them and foods that contain them.

Read the ingredient lists on food packets carefully every time you shop. Celery is included in the list of top 14 major food allergens in the UK. This means they must be highlighted on ingredients labels, in bold for example.

Read the ingredient list every time you buy a product as manufacturers change their recipes often.

## When eating out

Restaurants, cafes, hotels, takeaways, and other catering businesses are required by law to provide information on major allergens, including celery. Ask staff directly if the food you'd like to buy contains celery and if there is a risk of cross-contamination and let them know that even small quantities can cause a reaction. Don't be afraid to ask staff to check with the chef.

[Read about shopping and preparing food.](#)

## Foods that can contain celery

A stick of celery or a celeriac root is easy to recognise, but other forms of celery are less easy to spot. For example, celery salt or juice can be used as ingredients in various foods.

- Soups
- Sauces
- Stocks, bouillons and seasonings
- Stews
- Salads
- Tomato juice
- Sandwiches
- Crisps
- Spice mixes
- Marmite
- Batter for frozen foods
- Some cured bacon

## Key messages

- If you think you have a food allergy, visit your GP.
- If you are prescribed adrenaline, carry two devices with you at all times.
- Know how to use your adrenaline and what to do in an emergency.



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- Read food labels carefully and question staff in restaurants, takeaways and anywhere you eat out of home.
- If you have asthma, make sure it's well-managed.

## Feedback

Please help us to improve our information resources by sending us your feedback at: -

<https://www.anaphylaxis.org.uk/information-resources-feedback/>

## Sources

All the information we produce is evidence based or follows expert opinion and is checked by our clinical and research reviewers. If you wish to know the sources we used in producing any of our information products, please contact [info@anaphylaxis.org.uk](mailto:info@anaphylaxis.org.uk) and we will gladly supply details.

## Reviewer

The content of this factsheet has been peer-reviewed by Dr Tariq El-Shanawany, Consultant Clinical Immunologist, University Hospital of Wales & Honorary Senior Lecturer, Cardiff University

## Disclosures

We are not aware of any conflicts of interest in relation to the review of this factsheet.

## Disclaimer

The information provided in this factsheet is given in good faith. Every effort is taken to ensure accuracy. All patients are different, and specific cases need specific advice. There is no substitute for good medical advice provided by a medical professional.

## About Anaphylaxis UK

Anaphylaxis UK is the only UK-wide charity solely focused on supporting people at risk of serious, life-threatening allergic reactions. We provide information and support to people living with allergies through our free national helpline. We also fundraise to achieve our ultimate aim, to create a safer environment for all people at risk of serious

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