Almond

Almonds are one of the most important nut species belonging to Rosaceae family. Sweet almonds (*Prunus amygdalus dulcis*) and bitter almonds (*Prunus amygdalus amara*) are the two main varieties of almonds. Various studies reported almonds as one of the most common allergens in the United States, Korea and the United Kingdom. Almond allergy may lead to oral allergy syndrome, allergic rhinitis, asthma, and atopic dermatitis. Pollen-food syndrome rarely causes anaphylaxis and mainly mild symptoms. Almond sensitized individuals should avoid direct or indirect consumption of almond. Cross-reactivity generally occurs with peach allergens, tree nut allergens as well as birch pollen allergens. Also, almond allergic patients are highly prone to cross-reactivity with mahleb. Almond sensitized people should avoid any intentional or un-intentional consumption of almond.

Almonds are used in marzipan.