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WWW. THE FOOD EXPERT.COM.AU
(UPDATED 7.1.10)

ALLERGY vs FOOD INTOLERANCE

Many people have difficulty distinguishing between food allergies and food intolerances.

FOOD ALLERGY

Result from the proteins found in foods such as nuts, cow's milk, seafood and eggs - the body's immune system overreacts, triggering an immediate flood of chemicals that cause a range of symptoms (some of which may be life threatening). Allergies are related to a **SPECIFIC** food.

FOOD INTOLERANCE

Triggered by chemicals (naturally occurring or added) found in foods and, because they are dose-dependant, cause reactions of varying degrees.

WHAT ARE THE STATISTICS?

The *Australasian Society of Clinical Immunology and Allergy (ASCI)* estimates that around 1 in 20 children and 1 in 100 adults suffer from food allergies. Many allergies are **NOT** severe and most kids will grow out of them. However allergies to nuts, seeds and seafood are likely to be life-long and allergies developed as adults generally persist. Food intolerances are more common, they may include reactions to lactose, fructose, wheat, gluten, additives and naturally occurring chemicals such as salicylates, amines and glutamate.



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SYMPTOMS

Food allergy symptoms include:

(NB: Reactions are usually immediate and can be severe and even life threatening)

- Swelling
- Hives
- Eczema
- Diarrhoea
- Vomiting
- Breathing difficulties
- Anaphylaxis

Food intolerance symptoms include:

(NB: Reactions are delayed and dose dependant making them more difficult to detect and diagnose)

- Hives
- Skin rashes
- Headaches
- Digestive problems
- Asthma
- Eczema

If you need more information about food allergies and/or intolerances, book in for an appointment with your Accredited Practising Dietitian today!

Your friendly dietitian,

Hanan Saleh (APD)

Consultant Dietitian

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