

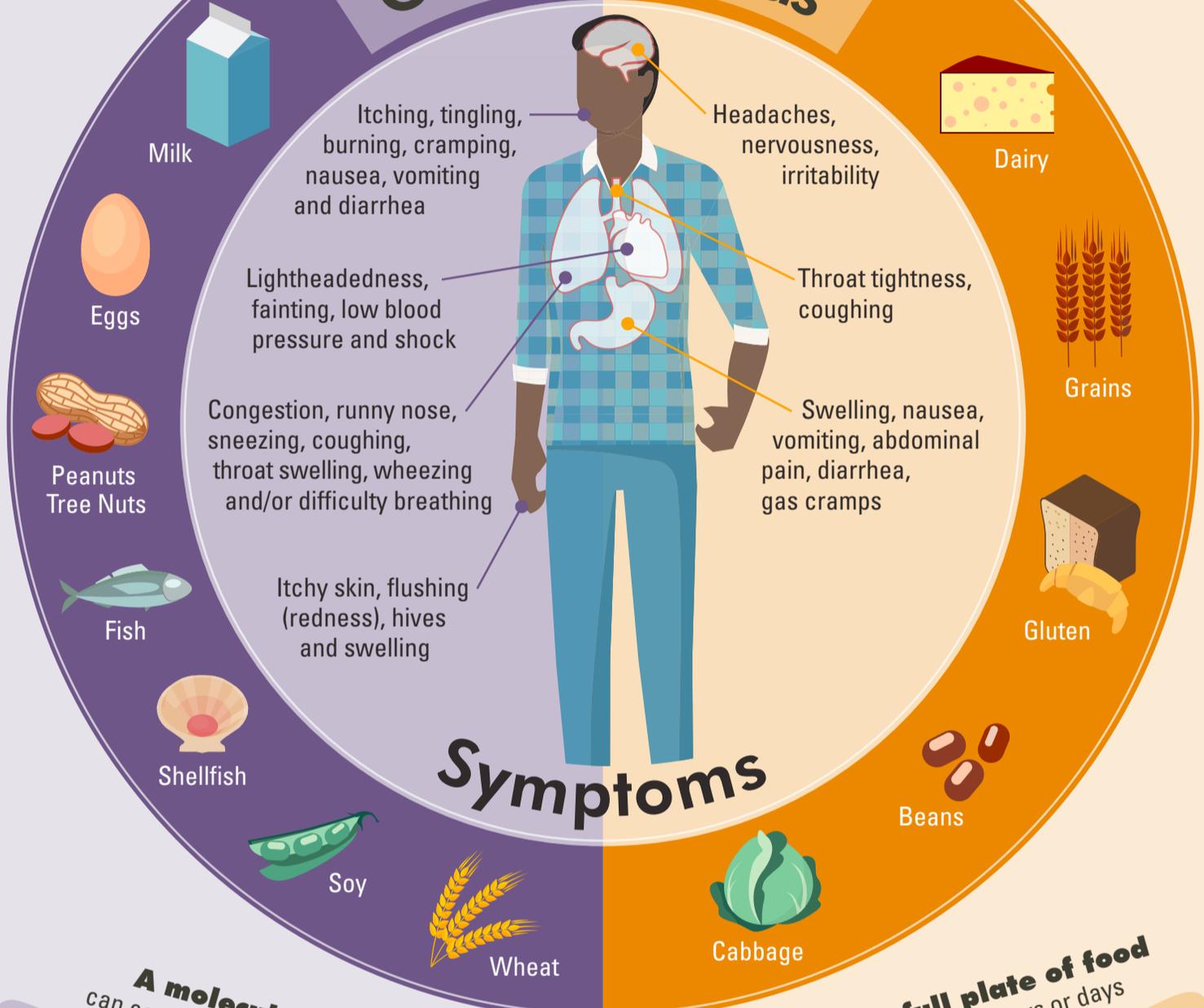
Food Allergy or Intolerance

Almost **20%** of adults believe they have a food allergy – half of them are wrong.

Food Allergies can be life-threatening.

Food Intolerance is not life-threatening.

Most Common Foods



A molecule of food can cause a reaction within minutes

One bite to a full plate of food can cause a reaction in hours or days

REACTION

Food allergy reactions occur 100% of the time and within minutes of eating.

Food intolerance or sensitivity is noticed hours after eating.

CAUSES

The body's reaction to food proteins
Immune system involved

Lack of digestive enzymes
Foods that irritate the digestive system
Immune system not involved

DIAGNOSIS

Blood test
Skin prick test
Food diary
Elimination diet
Food challenge

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Elimination diet
Food challenge

TREATMENT

Avoid all traces of food allergen
Antihistamine and injectable epinephrine for accidental exposure

Eat only as much of the offending food that you can tolerate.