

Food Allergy

Allergy or Intolerance?

- Allergy is immune mediated, IgE or Non IgE, see above
- Intolerance; unclear mechanism, similar to non-IgE symptoms
- Diagnose by 4-6 week exclusion and then reintroduction
- <https://www.allergyuk.org/resources/food-and-symptoms-diary/>

Most common foods causing allergies

- celery
- cereals containing gluten,
- crustaceans,
- eggs,
- fish,
- lupin,
- milk,
- molluscs,
- mustard,
- tree nuts,
- peanuts,
- sesame,
- soya and
- sulphur dioxide (sometimes known as sulphites)

Common Food Intolerances

- Lactose
- Gluten (exclude Coeliac disease)
- Histamine