

Intolerance vs Allergy

What is a Food Intolerance?

A food intolerance occurs when your body has difficulty digesting certain foods or ingredients. It is generally related to the digestive system rather than the immune system. The most common intolerances are usually lactose (in dairy), gluten (in wheat, barley, and rye), sulfites (in wine and dried fruits), and certain food additives.

Common symptoms: *Bloating, gas, diarrhoea, stomach pain, headaches, fatigue, and irritability. Symptoms are usually delayed and can occur several hours after consuming the food.*

What is a Food Allergy?

A food allergy is an immune system reaction that occurs soon after eating a specific food. The body mistakenly identifies the food as harmful, triggering an immune response. The immune system produces immunoglobulin E (IgE) antibodies, which trigger the release of histamine and other chemicals, causing allergic symptoms. Common Triggers are usually peanuts, tree nuts, shellfish, fish, eggs, milk, wheat, and soy.

Common symptoms: *Hives, itching, swelling (especially of the face, lips, and throat), difficulty breathing, abdominal pain, nausea, vomiting, dizziness, and in severe cases, anaphylaxis.*