

FOOD SENSITIVITIES 101

UNDERSTANDING THE DIFFERNECE BETWEEN FOOD ALLERGIES, INTOLERANCES AND SENSITIVITIES

	Description	Common Foods	Common Symptoms	How to test
Food Allergy	IgE-mediated immune response, histamine reaction	Top 8 food allergies: wheat, soy, eggs, fish, shellfish, peanuts, tree nuts, milk	Immediate response, 1 molecule can provoke reaction: hives, itching, swelling, eczema, trouble breathing, anaphylaxis	RAST test (IgE response), skin prick test, medically supervised oral challenge
Food Intolerance	Non-immune mediated response, lack or insufficient enzymes to breakdown foods	Lactose, fructose, gluten, phenylalanine (in PKU)	Immediate response, dose-dependent: bloating, gas, diarrhea, other	Hydrogen or methane breath test, elimination challenge
Food Sensitivity	Type 3 or 4 hypersensitivity, immune-mediated response, >100 chemical mediators involved, very difficult to diagnose	Can be any food or food chemical	Delayed reaction (4-96hrs after ingestion), dose-dependent response: GI-related symptoms, systemic symptoms (migraine, IBS, pain, mood issues, eczema, etc.)	Elimination challenge, IgG test, ALCAT, MRT