



By:

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Date:16/02/2024

FOOD ALLERGY

What is Food Allergy



FOOD ALLERGY

A food allergy is when the body's immune system reacts unusually to specific foods. Although allergic reactions are often mild, they can be very serious. A food allergy is an abnormal immune response to food. This typically occurs within minutes to several hours of exposure. A food intolerance and food poisoning are separate conditions, not due to an immune response.

What Causes Food Allergies?



Environmental factors, like exposure to viruses or bacteria



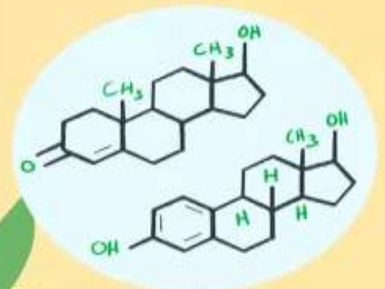
Sensitization (When the immune system identifies if it can tolerate a food)



Atopy, or a predisposition to allergies



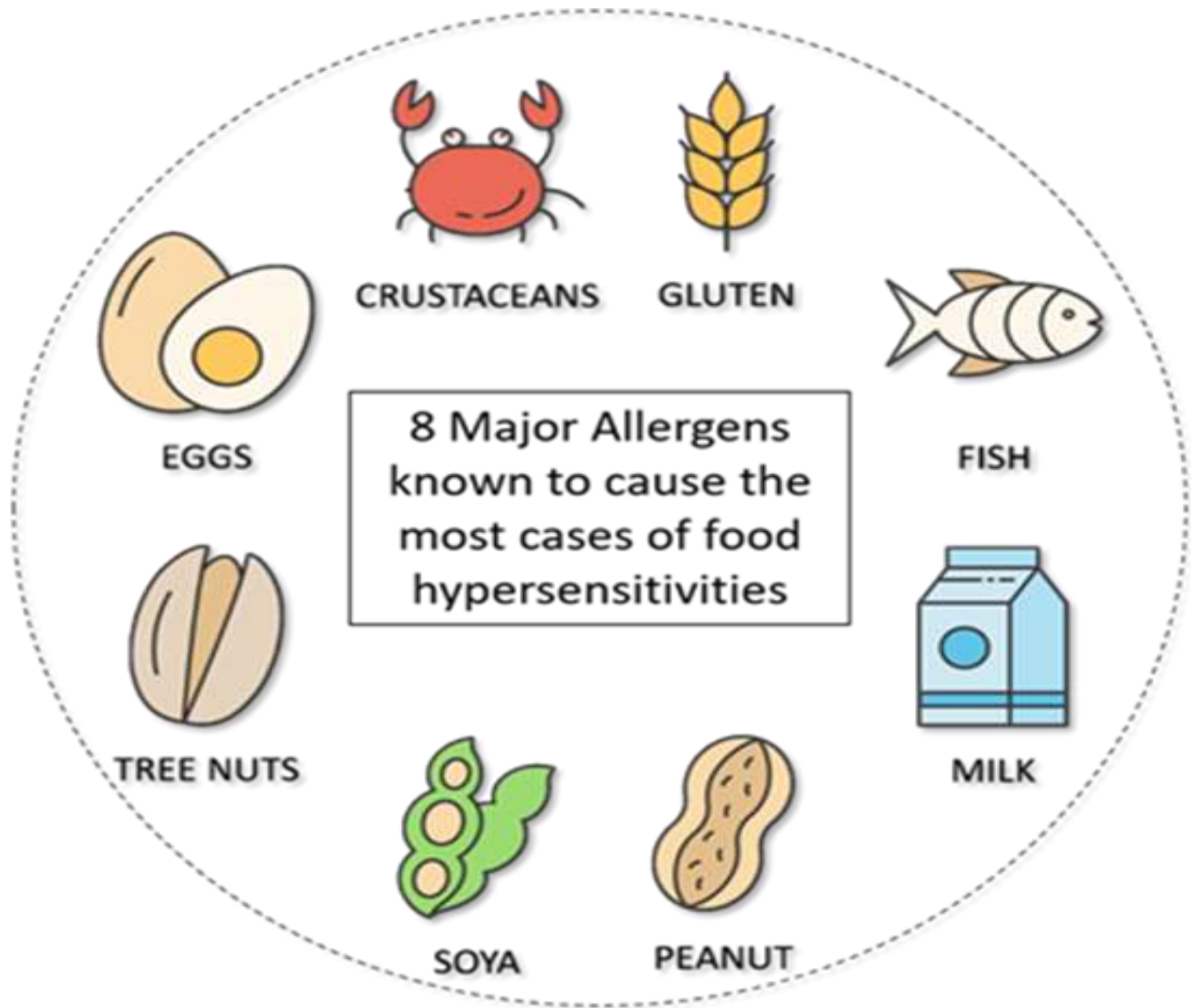
Risk factors like family history, age, and sex



Change in hormones, like menopause



Food allergens



Allergy Symptoms



Trouble Breathing.



Itching.



Sneezing.



Runny nose.



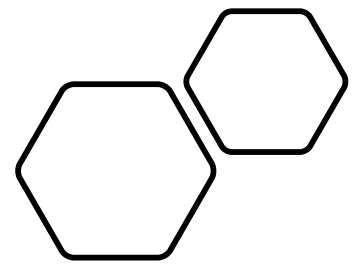
Headache.



Red or watery eyes.



Hives or rash.



Prevalence and Natural History of Food Allergy

- **Perception by the public: 20-25%**
- **Confirmed allergy (oral challenge)**
 - Adults: 3-4%
 - Infants/young children: 6-8%
- **Specific Allergens**
 - Dependent upon societal eating and cooking patterns
- **Prevalence is higher in those with:**
 - Atopic dermatitis
 - Certain pollen allergies
 - Latex allergy

Estimated Prevalence of Food Allergy

Food	Children	Adult
Milk	2.5	0.3
Egg	1.3	0.2
Soya	0.3-0.4	0.04
Peanuts	0.8	0.6
Tree nuts	0.2	0.5
Crustaceans	0.1	2.0
Fish	0.1	0.4

Diagnosis of Food Allergy



DIET
HISTORIES



DIET
ELIMINATIO
N



SKIN TESTS



BLOOD
TESTS

INGREDIENTS: ENRICHED SELF-RISING FLOUR, NIACIN, REDUCED IRON, THIAMIN POWDER, CALCIUM SULFATE, ENZYME], PROTEIN (SOY LECITHIN), CORN FIBER, SUGAR, BAKING POWDER, FLAVORS, SWEET CREAM BUTTERMILK SOLIDS.

CONTAINS: EGG, MILK, SOY, WHEAT.

Food Labels is a way to prevent Food Allergy

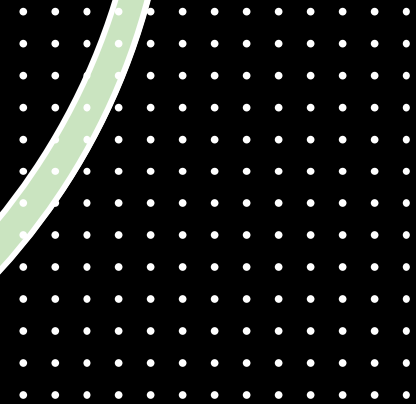
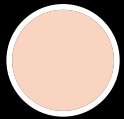
Food labels help us in predicting the foods or identifying foods that causes allergic reactions.

Domestic or imported packaged food should have a label that lists whether the product contains one of the top 8



Prevention

Avoid
consumption of
allergen
containing
foods.



Thank
You

