

Food allergy or intolerance

According to experts, the two categories of food allergy & intolerance are different, and although food intolerance causes digestive problems, food allergy is very dangerous and we should be very alert about it.

Over the past decades, various methods have been developed to test food intolerance around the world, but a new method has been developed to test food intolerance that is very simple and accessible. This quick and simple method has led to more people looking for food intolerance tests and identifying foods that can cause digestive disorder in their bodies.

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Food intolerance and food allergy are two different categories. Food allergy involves the reaction of the immune system to a foodstuff, and usually requires medication and should in many cases make suspicious foods in this area. On the other hand, food intolerance includes gastrointestinal reactions to certain foods that are commonly seen as digestive disorders. For this reason, food intolerance makes you more flexible for your diet, while allergic dishes should be thoroughly avoided. On the other hand, food intolerance has several thresholds, and even if you are sensitive to certain foods, you can probably use a certain amount of them without having to deal with the problem.

Usually the symptoms of food allergy and food intolerance are similar, and it is sometimes difficult to diagnose these cases without medical diagnostic procedures and tests. These symptoms usually include digestive problems such as bloating, chills and nausea, diarrhea and headaches, and fatigue and even distress. Food intolerance can be one of the most common types that generally occur to substances like seeds, especially peanut butter, eggs, milk or wheat. These allergies can lead to an abnormal body immune response and complications such as itching of some parts of the body, swelling, vomiting

and shortness of breath.

We recommend that if you have any problems like this in your family, all the members ensure to take a test because sometimes food allergies, such as allergy to peanut can lead to allergic reactions that lead to death.

Currently, it is generally recommended that parents do not provide children with a high risk of allergy at an early age, and therefore there are no nutritional substances such as peanuts, fish, or wheat in children's diets. Doctors' studies also highlight the fact that food allergies and intolerance in children have increased over the past decade, while food supply centers in schools and nutrition buffets are totally unaware of this and have provided food supplies. Children do not consider their nutritional needs.

In a report released a few days ago, Italian researchers said that in many countries, including Italy, a lack of protocols and instructions to inform school authorities about how to deal with the food allergies and intolerance is a major dilemma. On the other hand, discussing medical interventions on children's health in the school environment is also one of the controversial issues that a definitive strategy has not yet been adopted in this regard.

Finally, it should be noted that previous research by British researchers led to the identification of the most important allergenic foods. In these studies, researchers identified the intolerance level to five food products that are most susceptible to 10 percent of the population. These five food items include peanut, hazelnuts, celery, fish and shrimp.