



FOOD ALLERGY

FOOD ALLERGY

is an adverse reaction of the immune system to food ingredients, which are harmless to healthy people

The immune system defends our body against invaders, such as viruses, bacteria, fungi and toxins.

FOOD HYPERSENSITIVITY

ALLERGY

IMMUNE SYSTEM
e.g. allergy to milk proteins

INTOLERANCE

NO ENZYME
e.g. intolerance of milk lactose

RISK FACTORS FOR DEVELOPING ALLERGY



genetic
inheriting predisposition to allergy from parents or grandparents



environmental
e.g. long-term contact with contaminated air, water, soil

Did you know that allergy is not a hereditary disease, but you can inherit a so-called tendency to develop one?

14 MOST COMMON ALLERGENS



eggs



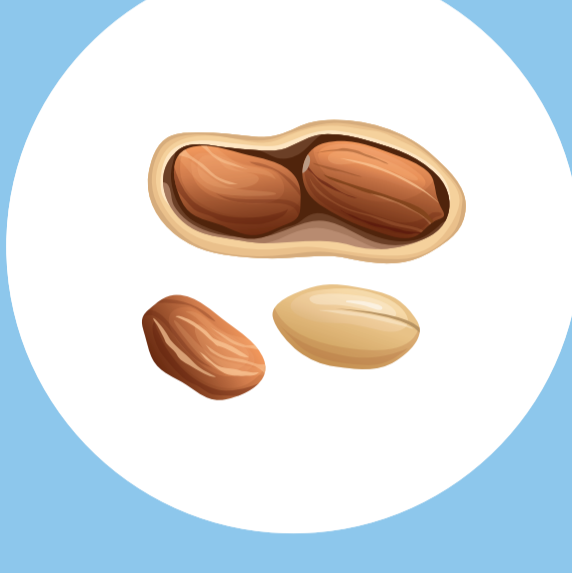
fish



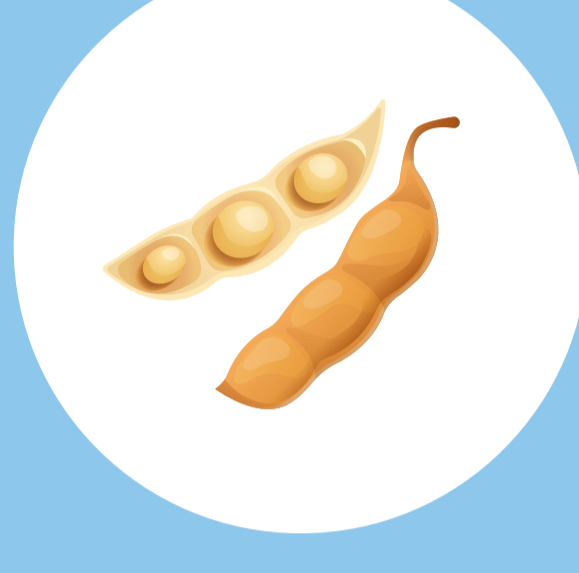
crustaceans



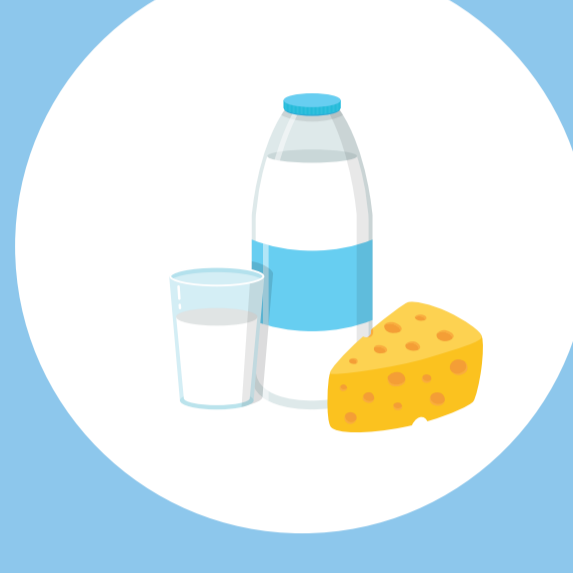
cereals containing gluten



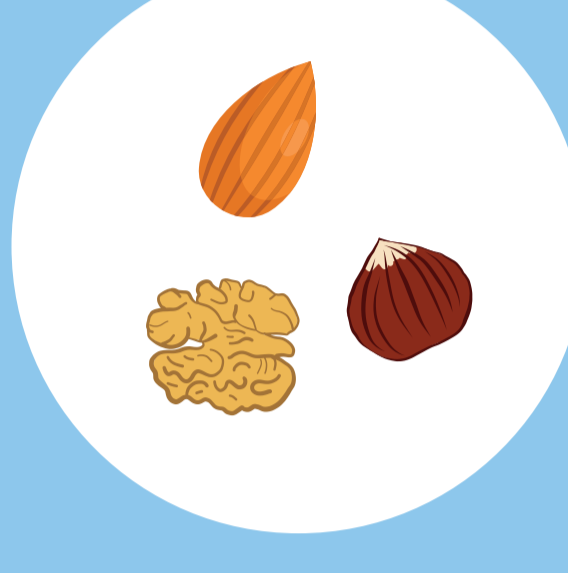
groundnuts (peanuts)



soybeans



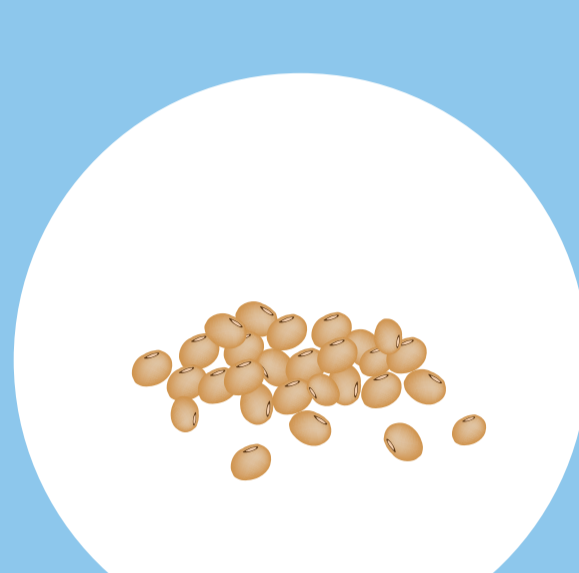
milk



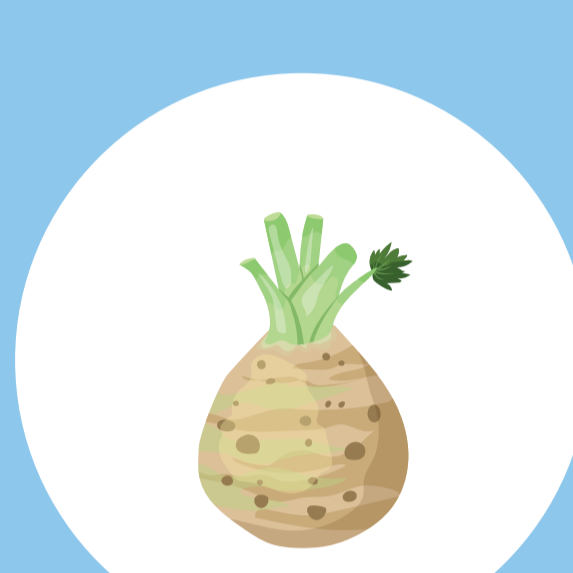
nuts



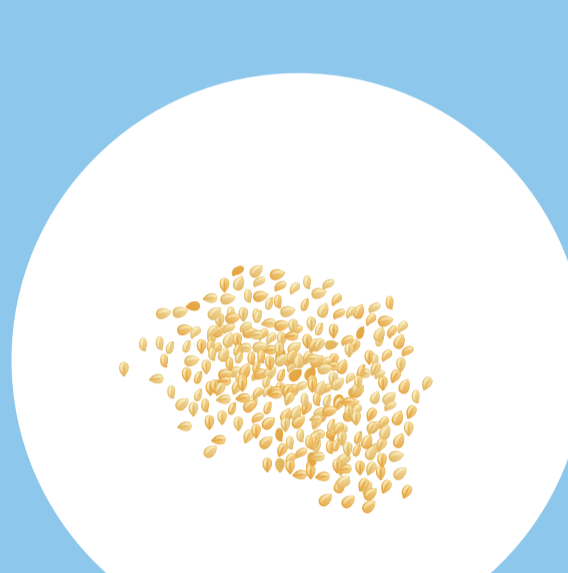
molluscs



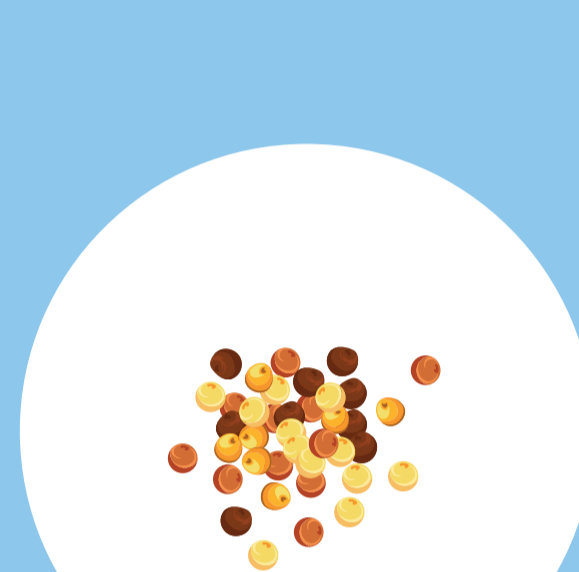
lupin



celery



sesame



mustard



E220-E224
sulphur dioxide and sulphites

Did you know that even though we usually talk about 14 most common food allergens, there are many more of them?

CROSS-REACTION

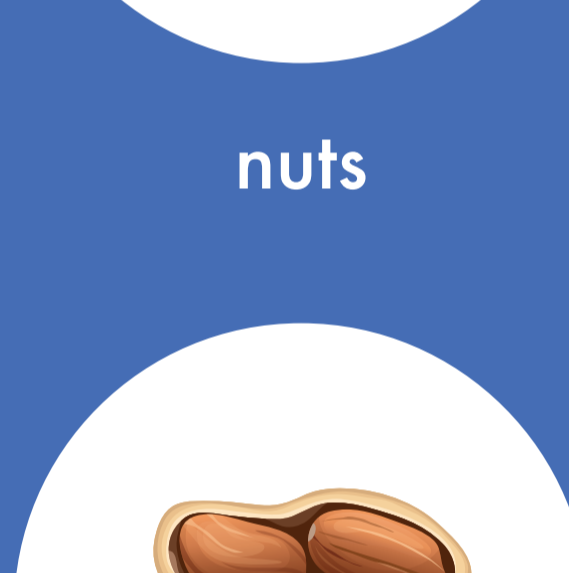
A person allergic to one allergen (e.g. birch pollen) may also experience undesirable symptoms effects after contact with another allergen (e.g. apple). This is due to the fact that airborne, contact and food-derived allergens may have a corresponding chemical structure, so that our body reacts to them in a similar way.



nuts



kiwi, rye, wheat, oats



groundnuts



plum, peach, soybeans



avocado



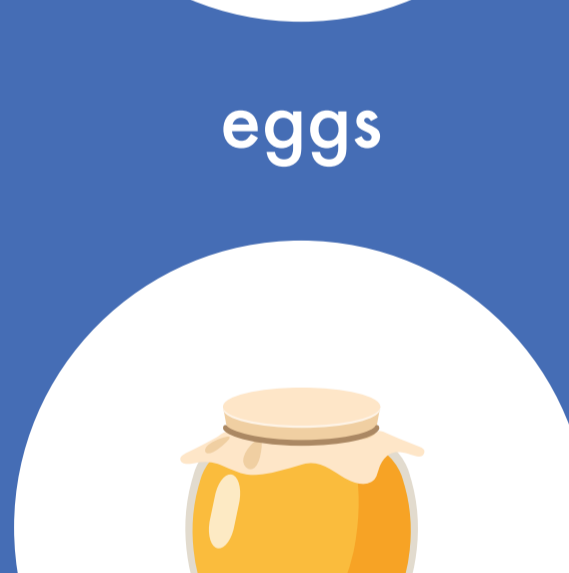
latex, banana, kiwi



eggs



feathers, latex



honey



ragweed

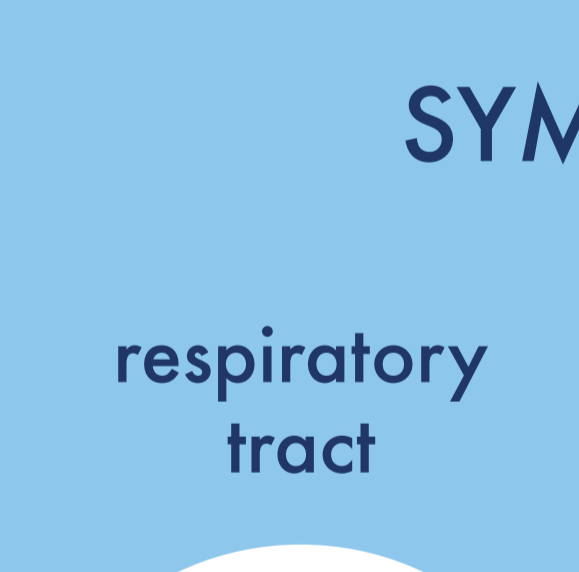
SYMPTOMS

digestive tract



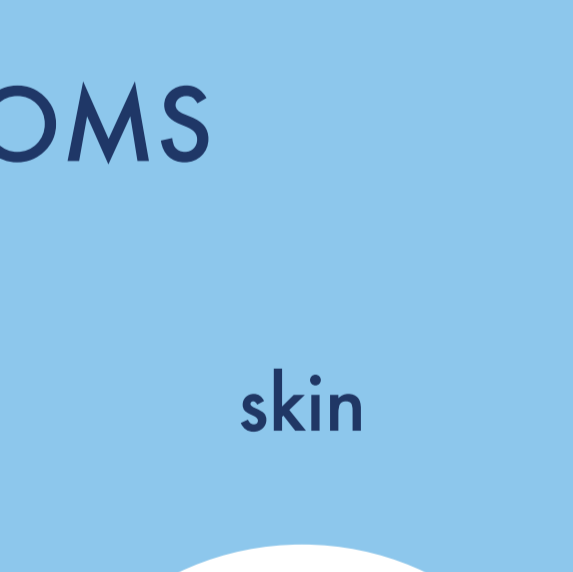
- nausea
- vomiting
- diarrhea
- blood in the stool
- swollen tongue and lips
- itching in the oral cavity

respiratory tract



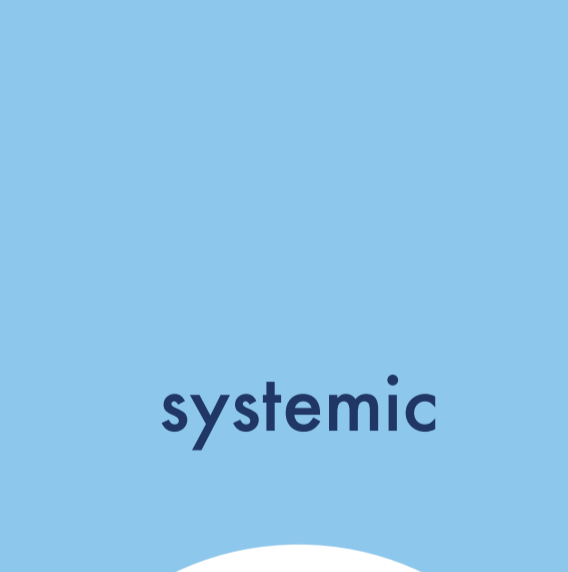
- short breath
- laryngeal edema
- rhinitis (nasal congestion)
- cough
- hoarseness

skin



- hives
- angioedema
- atopic dermatitis
- itching

systemic

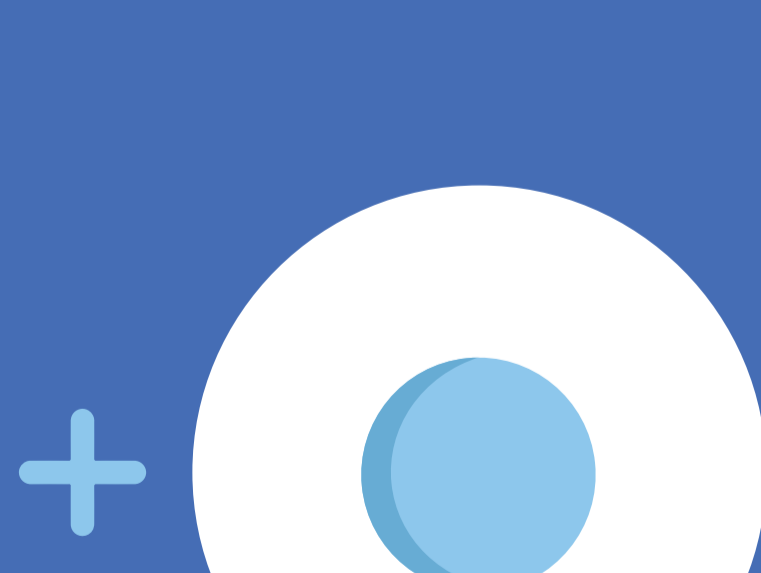
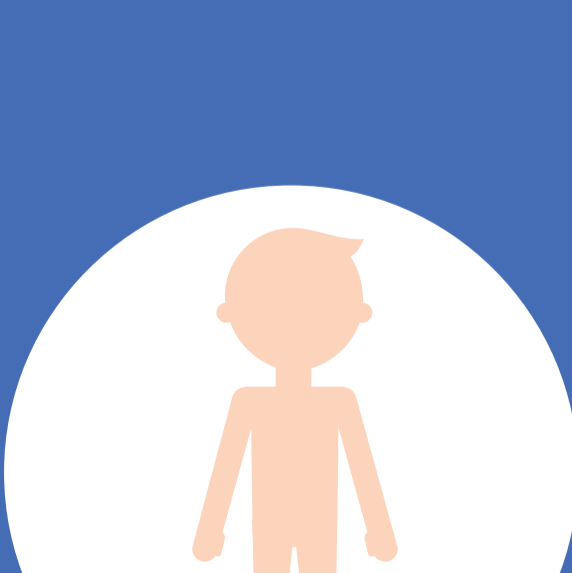


- anaphylactic shock
- headache and dizziness

Did you know that allergic reaction may result in life-threatening anaphylaxis and requires hospitalization?

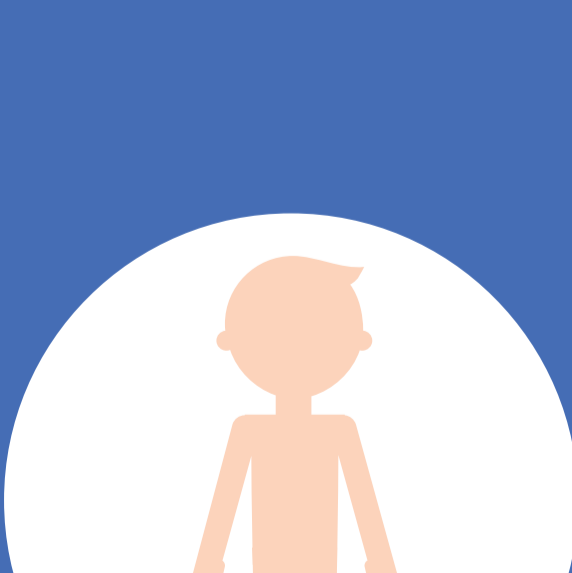
"SUPER FOOD" DESIGNED BY SCIENTISTS

e.g. for people suffering from allergy to cow's milk proteins



ALLERGIC REACTION

milk proteins



MILD REACTION OR LACK OF REACTION

modified milk proteins

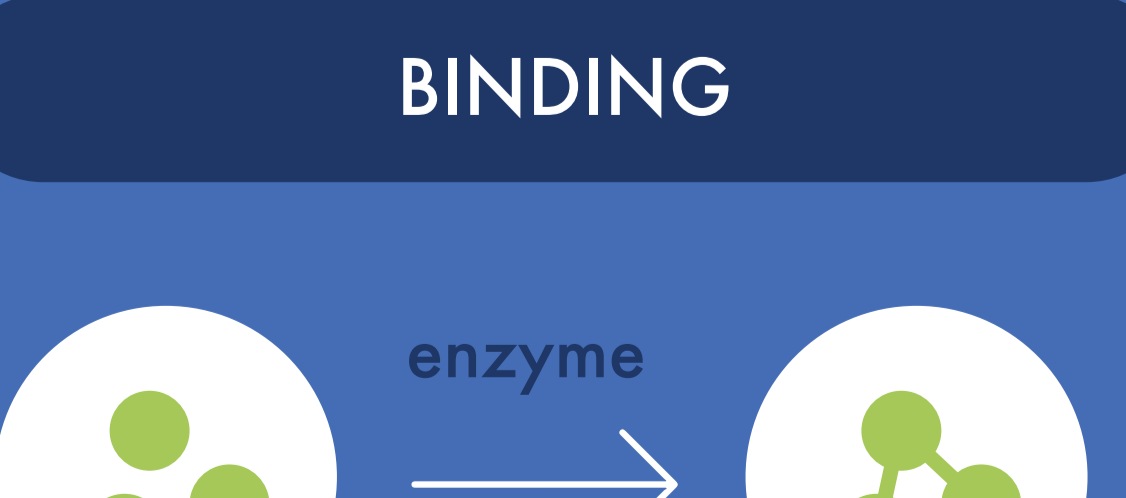
THERMAL PROCESSES



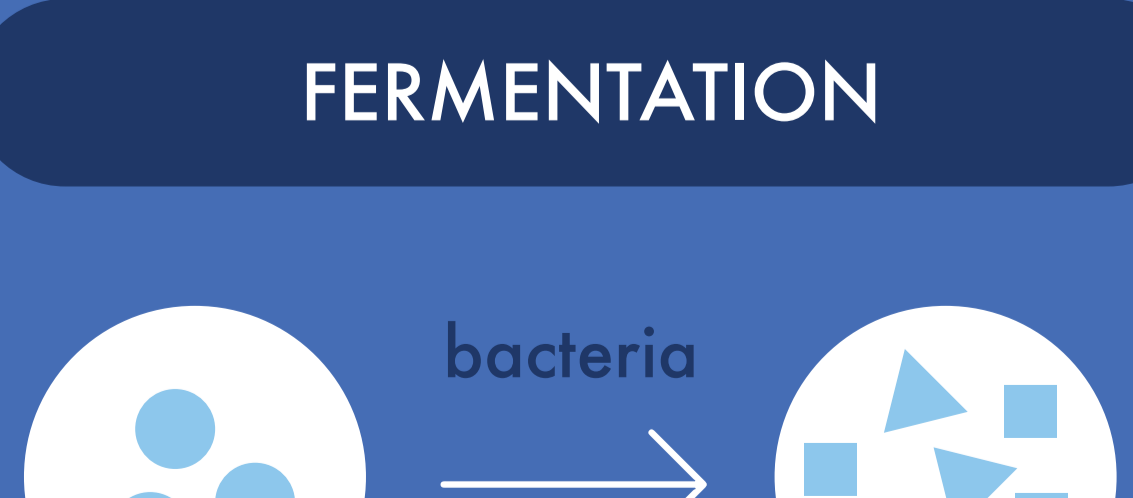
ENZYMATIC HYDROLYSIS



BINDING



FERMENTATION



Did you know that products with reduced allergenicity (the likelihood of causing allergies) are referred to as HYPOALLERGENIC?