FOOD ALLERGIES AND INTOLERANCES

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What is the difference between a food Allergy and a Food Intolerance?

A food allergy and a food intolerance are very similar, and often confused with each other.

A food allergy is an immediate response by the immune system of the body to an invader. Symptoms may appear within minutes; such as sneezing, coughing, vomiting, watering eyes and in more serious cases anaphylactic shock. Some symptoms may be delayed for hours or even days, for example, gastro intestinal responses.

A food intolerance however, is a slow onset reaction in which symptoms may not be detected for weeks. A food intolerance is the inability to process foods and is a response from the immune system. Symptoms include abdominal cramps, bloating and diarrhoea.
Anaphylactic shock is a very serious allergic reaction; with symptoms such as dizziness, loss of consciousness, swelling of tongue and breathing tubes, laboured breathing, blueness of the skin, low blood pressure, heart failure and death. This allergic reaction requires immediate treatment.

When Anaphylactic shock occurs, Histamine and other substances are released into the body by the Tissues in different parts of the body. This causes the airways to tighten, making it difficult or impossible to breath and lead to other symptoms, making it a life-threatening symptom to food allergies.
Seafood allergies

According to Google definitions a Seafood allergy is “...a type of food allergy. It is a hypersensitivity to dietary substances found in shellfish, scaly fish or crustaceans.”

Seafood allergies are caused by an immune system malfunction, and when your immune system identifies proteins as dangerous, it triggers the production of antibodies to identify them and alert your immune system to release chemicals such as histamine to cause allergy symptoms.

A seafood allergy can appear at any age, however, is more commonly found in adults and older children; it is not clear how or why this happens.
Symptoms and signs of Seafood allergies include:

- Nasal congestion
- Vomiting
- Swelling
- Eczema
- Hives
- Sore, itchy eyes

These can appear within a few minutes or hours.

Body parts affected by Seafood allergies are:

Those who suffer from a seafood allergy may not eat any food that contains seafood. In extreme cases, some people suffering from the allergy cannot come in contact or be near the seafood. Some people who are allergic to seafood however may eat shellfish, but cannot eat, for example, Tuna.

The most affective way to prevent an allergic reaction is to know what you are consuming. For those who suffer from a sever reaction, wearing a medical necklace/bracelet lets others know you have a food allergy if you are un-able to communicate. Check food labels and alert the chef when you are eating out so that they understand your needs.
Food labels can help someone with an allergy to identify what is in food. All ingredients must be listed, from the largest amount of ingredient to the least. The ingredients that is a main cause of a severe allergic reaction must be stated on the packet know matter how small the amount.

The cure to seafood allergies is only minimal: Avoid seafood, or immunotherapy (desensitization).

Many organizations offer support groups to those suffering allergies such as ASEHA or Anaphylaxis Australia inc.
Ingredients:
Red onion
Red capsicum
Sweet Chili Sauce
Rocket
Basil pesto
Zucchini
Olive oil spray
Eggplant
Baguette

1. Cut vegetables lengthways, spray with olive oil spray
2. Char-grill capsicum until skin is black and blistered, put in snap-lock bag, seal and put aside
3. Chargrill vegetables individually
4. Cut open baguette lengthways (not all the way through) and spread pesto on both sides.
5. Take capsicum out of snap-lock bags and peel off skin
6. Put vegetables into baguette and drizzle with sweet chili sauce.
7. Serve cold. Enjoy!
Char grilled vegetable baguettes contain no seafood ingredients, and is a healthy meal suitable for those who suffer from a seafood allergy.
Conclusion

- A food allergy is an immediate response by the immune system of the body to an invader.
- A food intolerance however, is a slow onset reaction in which symptoms may not be detected for weeks.
- Anaphylactic shock is a very serious allergic reaction; that may result in death.
- When Anaphylactic shock occurs, Histamine and other substances are released into the body by the Tissues in different parts of the body.
- Seafood allergy is “...a type of food allergy. It is a hypersensitivity to dietary substances found in shellfish, scaly fish or crustaceans.”
- Seafood allergies are caused by an immune system malfunction.
- A seafood allergy can appear at any age.

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