

# FOOD ALLERGIES AND INTOLERANCES

	IgE Food Allergy	IgG Food Allergy	Lactose Intolerance	Fructose Malabsorption	Histamine Intolerance
Time after ingestion	< 30 min	3 h – 3 days	30 min – 2 h	30 min – 2 h	30 min – 4 h
Duration	1 day	up to 3 days/ chronic	3 – 4 h	3 h – 2 days	3 – 16 h
<b>Cardiovascular</b>					
Hypertension		x			
Hypotension	x				x
Tachycardia	x	x			x
<b>Gastro-intestinal</b>					
Abdominal fullness		x	x	x	
Colics		x	x	x	
Constipation		x			
Crohn's disease		x			
Diarrhoea	x	x	x	x	x
Flatulence		x	x	x	x
Irritable bowel	x	x	x	x	x
Nausea	x	x	x	x	x
Reflux		x			
Stomach pains	x	x	x	x	x
Vomiting	x	x	x		x

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<b>Mental</b>					
Anxiety		x		x	
Depression		x		x	
<b>Metabolic</b>					
Insulin resistance		x			
Excess weight		x			
Malabsorption syndrome		x	x	x	
Metabolic syndrome		x			
Weight loss			x	x	
<b>Others</b>					
Anaphylactic shock	x				
Autoimmune disease		x			
Chronic fatigue		x			
Chronic iron deficiency		Bleeding excluded			
Dizziness	x	x	x	x	x
Exhaustion 2 h after eating		x			

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<b>Others</b>					
General weakness		x			
Infertility		x			
<b>Pains</b>					
Chronic joint pains		x			
Fibromyalgia		x			
Headaches	x	x	x	x	x
Migraine		x			x
<b>Respiratory</b>					
Asthma (chronic)	x	x			x
Chronic rhinitis		x			
Difficulty breathing	x	x			x
Dry nose		x			x
Rhinitis	x				x
<b>Skin</b>					
Skin problems (erythema, itching)	x	x			x

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