



What Is the Difference Between Food Allergy and Sensitivity?

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ABSTRACT

The difference among a food allergy and sensitivity is the body's response. If you have a food hypersensitivity, your immune system reasons the reaction. If you have a food sensitivity or intolerance, the response is induced by the digestive system. Learn to read food labels so you can keep away from foods that reason allergies. Allergic reactions to ingredients represent severe actual issues for mankind having accelerated international character. Damaging food reactions are divided to food allergic reaction, an immunological reaction to food, and food intolerance, a non-immune reaction with allergy-like signs and symptoms. It's far predicted that 6–8% of youngsters and 1–2% of adults be afflicted by food hypersensitive reaction. The superiority of meals intolerance in adults is not any greater than 5–6%, but in toddlers and young youngsters, it's far numerous from zero. 3% to twenty%. Hypersensitivity is as a result of one-of-a-kind food allergens (milk proteins, cereals, nuts, end result and greens), at the same time as there's frequent pass-hypersensitivity amongst them. Food intolerance is adverse response attributable to enzyme deficiencies, pharmacological reactions, and response to toxic or irritant additives of meals.

Keywords: Food allergy, food sensitivity, intolerance, nutrition, nutritional concerns

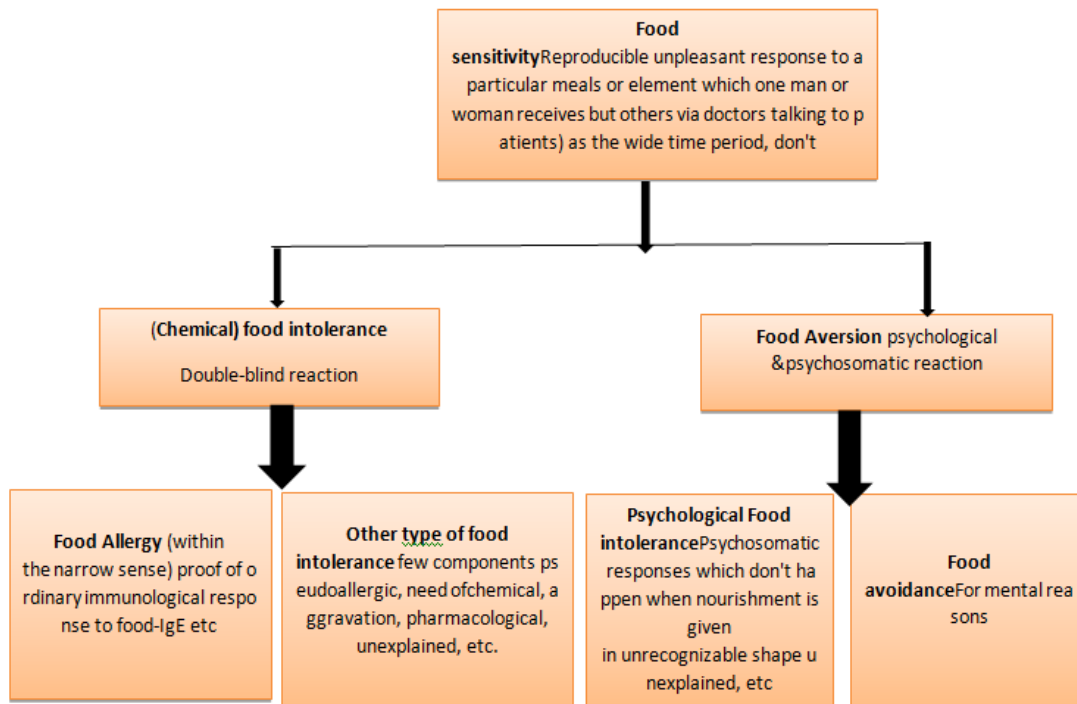
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I. Introduction:

The number one difference among an allergy, and sensitivity, is that an allergy is characterized by using an immune machine reaction to a substance, a sensitivity includes no immune reaction. All, however, may be quite critical, and a variety of signs and symptoms may be due to allergies, and sensitivities, because of this, it is a superb idea to peer a medical doctor approximately signs and symptoms which appear like linked to publicity to positive materials, to discern out precisely what is going on. Food sensitivities and intolerances are more common than food hypersensitive reactions, consistent with the British Allergic Reaction Foundation. Neither entails the immune device. Food allergy immune system is your body's protection in opposition to invaders like microorganism, fungus, or the common cold virus. You've got a food hypersensitivity whilst your immune system identifies a protein in what you eat as an invader and reacts by generating antibodies to fight it. Food sensitivity or hypersensitive reaction is every now and then used inside the narrow experience to mean only immunological reactions

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Food allergy:

Food allergy is typically used by lay people (and by using doctors talking to sufferers) because the wide time period, don't inclusive of non-immunological (and occasionally even psychosomatic) reactions. In technical conversation the time period "hypersensitive reaction" has to be restrained to immunological reactions. Signs and symptoms of meals hypersensitivity encompass:

- Skin reactions, like hives, swelling, and itching
- Anaphylaxis, which include problem respiration, wheezing, dizziness, and loss of life
- Digestive signs

eight ingredients account for 90 percentage of allergies: milk, eggs, fish, shellfish, peanuts, tree nuts, wheat, and soybeans.

Food sensitivity:

Food sensitivity or hypersensitive reaction is once in a while double blind reaction mental and used within the slender feel to mean most effective psychosomatic reactions immunological reactions.

signs and symptoms of food sensitivity vary. but the signs of intolerance are all digestive-related. those can consist of:

- Gas and bloating
- Diarrhea
- Constipation
- Cramping



Food Allergy



- REACTION** usually occurs immediately (<2hrs)
- SYMPTOMS** usually hives, anaphylaxis, nausea or swelling
- DIAGNOSED BY** skin pricks, IgE blood test & food challenge

Food Sensitivity



- REACTION** usually delayed can be up to 72 hours
- SYMPTOMS** varies can include migraines, GI problems, fatigue, body aches
- DIAGNOSED BY** mediator release test is the only blood test looking at all sensitivity pathways

What to do in an emergency?

Eight foods account for 90 percentage of allergic food reactions. these are:

- Milk
- Eggs
- Fish
- Shellfish
- Peanuts
- tree nuts
- wheat
- soybeans

Prevalence (%) of the eight most common food allergens in adults in the U.S. and the EU. Numbers shown represent the average (95% CI) of data collected at centers in different location.

Food	U.S. UE		
	Self-reported	Self-reported	Challenge -confirmed
<i>Cow's milk</i>	1.9 (1.8–2.1)	6.0 (5.7–6.4)	0.6 (0.5–0.8)
<i>Wheat</i>	0.8 (0.7–0.9)	3.6 (3.0–4.2)	0.2 (0.2–0.3)
<i>Egg</i>	0.8 (0.7–0.9)	2.5 (2.3–2.7)	0.1 (0.01–0.2)
<i>Tree nuts</i>	1.2 (1.1–1.3)	2.2 (1.8–2.5)	0.3 (0.1–0.4)
<i>Peanuts</i>	1.8 (1.7–1.9)	1.3 (1.2–1.5)	0.2 (0.2–0.3)
<i>Fish</i>	0.9 (0.8–1.0)	1.3 (0.9–1.7)	0.5 (0.08–0.8)
<i>Shellfish</i>	2.9 (2.7–3.1)	1.3 (0.9–1.7)	0.1 (0.02–0.2)
<i>Soybeans</i>	0.6 (0.5–0.7)	0.4 (0.3–0.6)	0.1 (0.06–0.3)

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