

FOOD ALLERGIES VS. FOOD INTOLERANCE



**Hospital Cafeteria
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WHAT IS A FOOD ALLERGY?

- Food allergy is an abnormal response to a food that is started by the body's **immune system**.
- **Immune system**—a network of special cells, tissues, and organs that defend the body from being attacked by a disease-causing “bug”.



WHAT IS A FOOD ALLERGY?

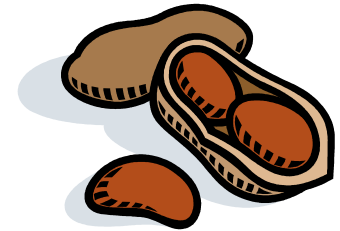
- The body produces an defense system to a food because it thinks that that you have consumed a bug that is invading the body.
- When the body is battling the invading food “bug”, your body will change.



COMMON FOOD ALLERGIES

The most common food allergies in adults:

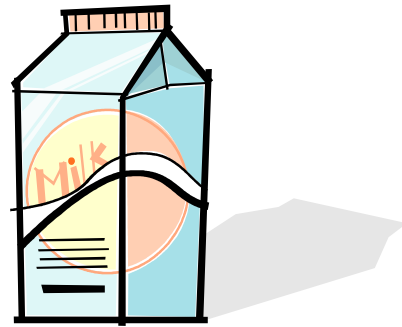
- Shellfish such as shrimp, crayfish, lobster, and crab
- Peanuts
- Tree nuts such as walnuts
- Fish
- Eggs



COMMON FOOD ALLERGIES

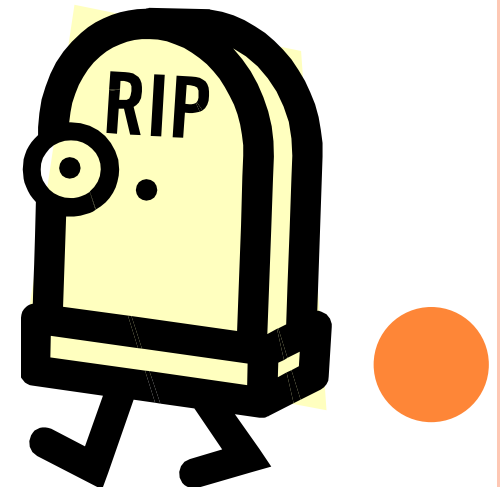
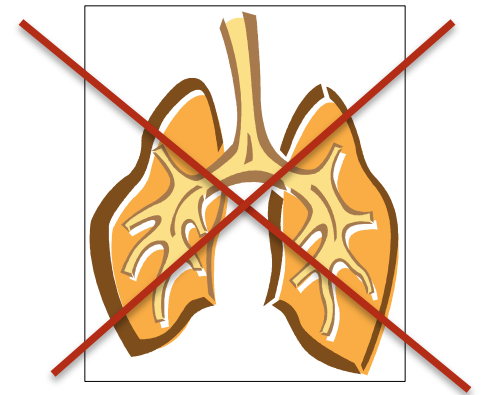
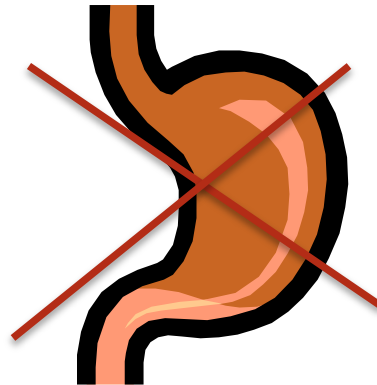
The most common food allergies in children

- Eggs
- Milk
- Peanuts
- Tree nuts



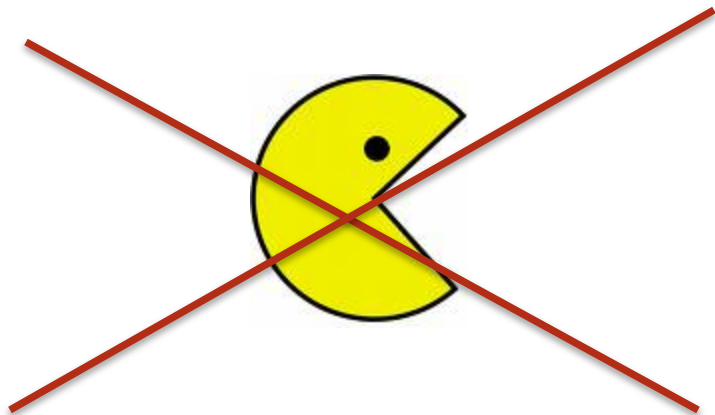
WHAT HAPPEN TO THEM?

- If someone is allergic to a certain food, and they eat it they can get
 - Rash
 - Nausea
 - Diarrhea
 - Itchy skin
 - Shortness of breath
 - Chest pain
 - Death



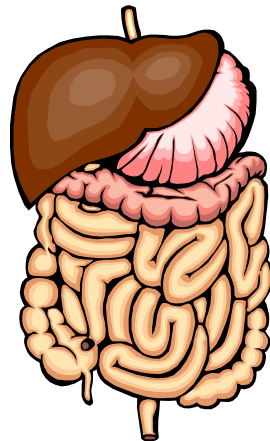
WHAT IS FOOD INTOLERANCE

- This is not an allergy response. The immune system does not cause the symptoms of food intolerance
- The symptoms may look and feel like those of a food allergy.



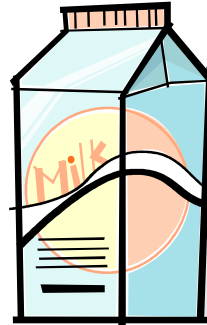
WHAT IS FOOD INTOLERANCE?

- Food intolerance is a digestive system response.
- It happens when something in a food irritates a person's *digestive system*



COMMON FOOD INTOLERANCES

- Lactose
- Food poisoning
- Food additives
- Histamine toxicity
- MSG
- Gluten



WHAT IF SOMEONE EATS SOMETHING THEY HAVE INTOLERANCE TO?

- Nausea
- Stomach pain
- Gas, cramps or bloating
- Vomiting
- Heartburn
- Diarrhea
- Headaches
- Irritability or nervousness

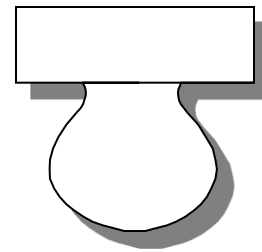


WHY IS IT SO IMPORTANT TO KNOW THE DIFFERENCE BETWEEN THESE TWO?

- At the worst food allergies can cause?
 - Death



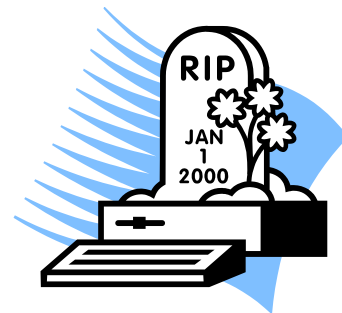
- Food intolerances can cause?
 - Vomiting



CROSS CONTAMINATION

What happens if the food you are serving touches something that is a common food allergy or food intolerance??

It is the same as eating the food that it is touching. Just having the foods touching can cause allergic reaction



BE CAREFUL WITH THE FOOD YOU PREPARE!

- Do not cross contaminate foods that are going to patients with high food allergies!
- This is why listing all ingredients in a meal is so crucial.
- Why is this important?
 - Remember the worst that can happen if someone eats something that they are allergic to!



REFERENCES

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