



Mashhad University of
Medical Sciences



Nutrition In Food Allergies

NUTRITION IN
FOOD ALLERGIES

Dr. Majid Ghayour Mobarhan

Nutritionist from the UK

In response to the food, IgE antibodies react with the food, and histamines are released, causing symptoms.

► Allergic foods ◀

About 90% of all food allergies are caused by the following eight foods:

Milk , Wheat , Soy , Fish , egg ,
Oysters, shrimp and crabs , Tree nuts, walnuts, almonds, peanuts, pistachios , Eggs, milk, and peanuts are the most common causes of food allergies in children. Peanuts, walnuts, fish, and oysters usually cause the most severe reactions.

► Food allergy symptoms ◀

True food allergies can affect the respiratory system, intestines, heart, and skin. Symptoms of food allergies can begin within minutes to an hour of eating. The most common symptoms of food allergies include:

Diarrhea , Vomit , Muscle cramps , Respiratory disorders , Lower blood pressure , Itching or tightness in the throat , Red, itchy rash (eczema),
Strange taste in the mouth

Itching or swelling of the lips, tongue, or mouth,
Red, itchy bumps on the skin (hives)

► Nutrition in the food allergies ◀

If your child has one or more food allergies, eating out can be a challenge.



However, the American Dietetic Association recommends the following strategies to combat food allergies when eating out: Tell your chef about your child's food allergies from the beginning. Ask about food preparation and ingredients before ordering. Avoid fried foods, as the same oil may be used to fry several different foods.

Find out what food is used in the restaurant where you want to eat. If possible, get a menu from the restaurant and review the menu items.

► Treatment of food allergies ◀

There is no prescriptive drug that will stop the flow of emotions, though their effects can be curtailed. The goal of treatment is to avoid foods that cause symptoms. After seeing a doctor and identifying foods to which your child is allergic, it is important to avoid these and other similar foods in that food group. Breastfeeding mothers are advised to avoid foods that the baby is allergic to prevent food allergies. Small amounts of food stimulants may be transmitted to the baby through breast milk and cause allergies

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Approximately 5% of children under 5 have food allergies. the prevalence of reported food allergies in children under 18 increased by 18%, from 1997 to 2007.

➤ Food allergie ◀

Food allergy is an abnormal reaction of the body to a particular food. Food allergies are different from food intolerances, although they have similar symptoms.

➤ Prevalence of food allergies ◀

According to food allergy research and education, about One-thirteenth of children are allergic at least to one food. About 40% of these children have experienced severe reactions.



Allergies to peanuts, nuts, fish, and shellfish may be lifelong.

➤ Cause of food allergies ◀

When a child has a food allergy, their immune system overreacts, recognizing the food as an external stimulus, and producing antibodies against the food. This immune reaction is what causes allergy symptoms.

The baby must have eaten at least once before reacting to the allergy, or the baby may become allergic to it through breast milk. Allergic symptoms occur when a child eats the special food for the second time.