

FOOD ALLERGIES

Human body is willingly or unwillingly exposed to many different substances throughout the day. These substances, some of which are defined as edible or drinkable foods, enter into the body system through various ways (mouth, nose, eyes, and lungs).



Food allergies affect human life as of infancy and childhood, even before you are born. Food allergies may occur not only by consuming the food, but also with touching or even smelling the food.

Since food is mostly composed of more than one substance, it is hard to understand which ones cause the allergy.



Some chemical and physical traits of foods turn them into allergens and cause changes in the body. These are;

Small blood vessels contracting → **REDNESS**

Increase in the transparency of the veins → **WEAL, SWELLING**

Spasms in the respiratory tract or intestinal smooth muscles → **DIFFICULTY IN BREATHING AND PAIN**

Stimulation of the nerve endings on the skin → **ITCHING AND PAIN**

To say that you have allergies to a food, you need to have one or more of these allergic reactions each time you consume that food.

WHICH FOODS MAY CAUSE ALLERGIES?

These are the foods that may frequently cause allergies:

- Cow's milk
- Egg (egg white, especially for children)
- Fish and other sea foods (sardines, mackerel, tuna fish, lobster, shrimps, crab, shellfish, oyster, calamari, etc.)
- Fruits (strawberries, melon, watermelon, orange, cherry, apricot, peach)
- Vegetables (zucchini, tomatoes, celery root, asparagus, etc.)
- Legumes
- Spices and flavorings
- Chocolate
- Honey
- Some beverages (drinks with food coloring additives, tea, coffee, cacao, cola drinks)
- Shelled nuts (nuts, peanuts, etc.)



RECOMMENDATIONS

- As of small ages, you should be careful about the nutrition of people with allergies and when these symptoms occur they should be taken to a doctor.
- Family history plays an important role in some food allergies. Keeping this in mind, you need to be cautious when you consume foods that may be allergens.
- The food which causes allergies should be excluded from the diet and tried again after some time. If same reactions occur, these foods should not be consumed.
- The foods excluded from the diets due to allergies should not lead to inadequate and unbalanced nutrition. You should consume more from the other foods in the same group.



**IF YOU EXPERIENCE
ITCHING, REDNESS,
SWELLING OR BREATHING
DIFFICULTIES
AFTER CONSUMING A FOOD,
YOU MUST GO TO
A HEALTH INSTITUTION.**



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