

Infographic: Food Allergies vs. Food Intolerance

Yorktest Laboratories

HOW DO YOU KNOW WHAT YOU'VE GOT?

Are You Allergic or Intolerant?

Allergy

What age?

Developed from **INFANCY**



2%
OF ADULTS
6-8%
OF CHILDREN
have an **allergy**



Reaction

Immediately
2 HOURS OR LESS

Skin
Digestion
Airways

Is it deadly?

Even trace amounts of
foods can trigger severe
LIFE-THREATENING
reactions

Intolerance

What age?

ANY AGE



45%
OF THE POPULATION
suffer from
food intolerance

Reaction

Delayed reaction to a food
UP TO 72 HOURS
after eating the
offending foods

Bloating
Joint Pain
IBS
Tiredness
Eczema
Low Mood
Headache
Weight Gain

Is it deadly?
NO



Which foods?

the most common types of allergies



peanuts tree nuts eggs milk fish shellfish

How many foods?

Rarely more than **1 or 2** foods

PERSIST and are **LIFELONG**

self-assessment

Immediate reaction
easier to identify

the most common intolerances



wheat gluten milk fruit veg

How many foods?

Can be **MULTIPLE**

Symptoms can **CLEAR** after avoidance
of offending foods

self-assessment

Delayed onset of symptoms
and a possible intolerance
to multiple foods makes
self-diagnosis tricky

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For more information visit www.yorktest.com

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Too often we see the words allergies and intolerance or sensitivity used interchangeably. While they all have to do with foods, that's where the similarities stop. This graphic makes a clear distinction between food allergies and food intolerances. **(Yorktest Laboratories)**

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