



A food intolerance is when the body reacts to a food but the reaction doesn't involve the immune system.

## Symptoms

Symptoms of intolerance can include bloating and wind, diarrhoea, nausea, indigestion, eczema and asthma.

Unlike food allergies most food intolerances are **dose-dependent**, meaning that a person can usually consume a certain amount before symptoms appear.

## Diagnoses

The '**elimination diet**' is the only way to diagnose a food intolerance. All suspected foods are completely removed from the diet for one to three weeks.

A small amount is then reintroduced and if symptoms reoccur, the intolerance is confirmed.

It is important that this test is taken under the supervision of a doctor, allergy specialist or Registered Dietitian to make sure that proper nutrition is maintained.





Almost any food can cause an intolerance, but there are some types of intolerances that occur more than others.

## Lactose intolerance

A condition in which a person cannot digest the sugar found in dairy products, is one of the most common food intolerances.

Sensitivity to naturally occurring food chemicals can cause symptoms of intolerance as well.

This condition is called **coeliac disease**. It involves the immune system and is not an intolerance.

It is estimated that 1 in 100 New Zealanders are affected by coeliac disease.

## Amines

Produced during fermentation, ageing and ripening. Found in cheese, chocolate, wine, beer and certain fruits and vegetables.

## Glutamate

An amino acid found naturally in all protein foods including tomatoes, cheeses and mushrooms.

A specific type of response can develop to the protein in wheat and other grains called gluten.

