

“Allergies and Intolerances and the Importance within the Industry”

We learned about allergies and intolerances this week, as well as their significance in the food sector. An immune system response that happens quickly after eating a specific meal is called Food Allergy. It can happen straight quickly or after a short time, but it seldom happens after a lengthy period of time. According to Gargano (2021), small quantities of food can also trigger an allergic reaction; in some circumstances, even breathing in the allergen's dust might be enough to trigger a reaction. An allergic response can cause a wide range of symptoms, from mild to severe. If exposed to the allergen for the very first time the symptoms can be less or not at all, however, they symptoms can be worsen if the person is in contact with the allergen on a daily basis.

Symptoms include a redness, itchiness, swollen and irritated skin, throat and mouth inflammation, dizziness, fear, feeling of being strangled, vomits or nausea. Some people with food allergies may undergo anaphylactic shock, which is a life-threatening allergic response. It has an adverse effect on all of the body's systems and is potentially lethal. A delayed reaction to a meal or a component in a food is known as food intolerance. It is generally considerably less severe and moderate than a food allergy. Moreover, as per the research of Lin (2019), even if a small amount of the triggering item is ingested, those people with food intolerances may be unaffected.

Intolerances, on the other hand, if left untreated, may be exceedingly unpleasant and make individuals sick for lengthy periods of time. I also discovered what causes intolerances and allergies. According to other research, the issue is one of underexposure: people are more likely to be sensitive to objects that are unfamiliar to their innate immunity (Lin, 2019). An allergic

reaction can also be caused by a rapid overexposure to an allergy in a sensitive region of the body. However, in many cases, there is no obvious trigger, and most don't realize they're allergic until they have their first reaction. Patients are most likely lacking in an enzyme that assists digestion for instance, Lactose intolerance is commonly caused by inadequate of a gene for the lactose digesting enzyme.

Food additive intolerance

When chemicals are introduced to food, some people are more chemically sensitive than others, which can cause difficulties. Food coloring and sulphites, which are used in the drying of fruits, are two examples. When celiac disease patients are unable to digest certain foods, it is called celiac disease. Like they cannot digest gluten adequately, gluten sensitivity develops. Psychological factors can also impact food intolerances. For no obvious physical reason, some people, for example, are unable to swallow particular meals.

We also learned how to handle and diagnose food allergies and intolerances as a result of all of this. Throughout the week's lesson, I watched several YouTube videos and learned that, when the allergies caused by the food are so severe the diagnosis process can be easy, however, finding what triggers them is a challenge, particularly if anaphylactic shock is a concern.

Diagnosis of Allergic Reaction

Some of the methods used to identify an allergic response include:

Scratch Test: This involves revealing the skin to a limited number of allergens to determine if it responds.

Blood Test: If a skin test isn't possible, a blood test might be utilized.

To conduct a possible allergy test for those who have experienced a severe allergic reaction is quite necessary they should consult a physician as soon as possible. Although food intolerances are less hazardous than allergies, they are also more difficult to detect. There are few, if any, definitive testing since an immunological reaction is unlikely to be implicated. Muthukumar et al. (2019) also stated that nutritionists may recommend avoiding a large range of possible triggers all at once if food intolerance is severe. This allows time for the symptoms to subside before reintroducing potential triggers one at a time to see which ones have an impact.

Food allergy is a serious health condition that is becoming more common. For accurate therapy and diagnosis, an evaluation from an allergist is critical. Food allergy can be fatal; therefore, a person should be careful before eating any food. Since the only way to avoid food allergy reactions is to avoid allergens, the food industry also plays a major role in order to protect the consumer's health.

References

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