Adverse Reactions to Food

Adverse reactions to foods

Immune mediated

Non-immune mediated

Toxic reactions

Food allergy

IgE-mediated
- IgE-mediated reactions to food proteins
- Urticaria
- Anaphylaxis
- Oral allergy
- Infantile colic

Non-IgE-mediated reactions
- Immunoglobulin G (IgG)-mediated hypersensitivity reactions to food proteins. Typically delayed in onset.
- Food protein-induced enterocolitis syndrome
- IgA-mediated reactions to food proteins

Food intolerance

Coeliac Disease
- Autoimmunity, producing antibodies towards gluten

Pharmacological
- Caffeine
- Tyramine

Enzyme deficiencies
- Lactose malabsorption/ intolerance
- Fructose malabsorption

Pathophysiology explained

Toxins
- Bacterial toxins, e.g. cyanotoxins and lipopolysaccharides (LPS)
- Aflatoxins
- Plant toxins, such as goitrogens
- Scombroid food poisoning

unexplained

Reactions specific or non-specific to the gut
- Functional GI disorders, such as Irritable Bowel Syndrome (IBS)
- Psychological and behavioural factors