

Healthy Living

Your daily dose of health

Drill down 8 most common Allergy causing foods

Rupali Gupta · Monday, November 2nd, 2009



Allergy is an over-reaction of the body against any product. An individual could be allergic to dust, pets, metal, clothes and even foods, such as fruits, vegetables, and meats. According to Center for Disease Control (CDC)- 4 out of every 100 children have food allergy. There are eight foods that account for 90% of all food-allergic reactions. These are: milk, egg, peanut, tree nut (walnut, cashew, etc.), fish, shellfish, soy, and wheat. This post is

dedicated to allergic foods and associated symptoms.

Egg Allergies

An egg-straordinary discovery
to help kids with egg allergy



An egg allergy usually occurs a few minutes to a few hours after eating eggs or foods containing eggs. Egg allergy symptoms can include:

- Skin inflammation or hives, the most common egg allergy reaction
- Allergic asthma
- Allergic nasal inflammation (rhinitis)
- Gastrointestinal symptoms, such as cramps, nausea and vomiting



Milk Allergy

Although cow's milk is the usual cause of milk allergy, milk from sheep, goats and buffalo also can cause a reaction. And, some children who are allergic to cow's milk are allergic to soy milk too. Immediately after consuming milk, signs and symptoms of a milk allergy might include:

- Hives

- Wheezing
- Vomiting

Signs and symptoms that may take more time to develop include:

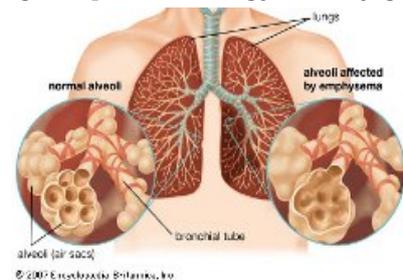


- Loose stools, which may contain blood
- Diarrhea
- Abdominal cramps
- Coughing or wheezing
- Runny nose
- Watery eyes
- Itchy skin rash, often around the mouth
- Colic, in babies



Peanut Allergy

Peanut allergy is common and often appears in the first years of life. While many children outgrow allergies to other foods such as milk or eggs, most kids don't outgrow peanut allergy as they get older. Signs and symptoms of peanut allergy can include:



- Skin reactions such as hives, redness or swelling
- Itching or tingling in or around the mouth and throat
- Digestive problems such as diarrhea, stomach cramps, nausea or vomiting
- Tightening of the chest
- Shortness of breath or wheezing
- Runny or stuffy nose

SHELLFISH**Shellfish Allergy**

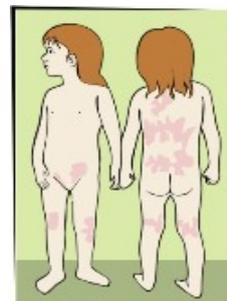
If you have a shellfish allergy, you may have an allergic reaction to only certain kinds of shellfish, or you may have an allergy to all shellfish. Shellfish include marine animals with shells, such as clams, lobster and shrimp, as well as octopus and squid. Shellfish allergy symptoms include:



- Hives, itching or eczema
- Swelling of the lips, face, tongue and throat, or other parts of the body
- Wheezing, nasal congestion or trouble breathing
- Abdominal pain, diarrhea, nausea or vomiting
- Dizziness, lightheadedness or fainting
- Tingling in the mouth

**SOY****Soy Allergy**

In many cases soy allergy starts with a reaction to a soy-based infant formula. Although most children outgrow soy allergy by age 3, soy allergy may persist and is becoming more common in adults. Soy allergy symptoms can include:



- Tingling in the mouth
- Hives, itching or eczema
- Swelling of the lips, face, tongue and throat, or other parts of the body
- Wheezing, runny nose or trouble breathing
- Abdominal pain, diarrhea, nausea or vomiting
- Dizziness, lightheadedness or fainting

Wheat Allergy



BREADS

Wheat allergy is an abnormal immune system reaction to one or more proteins found in wheat. Allergy to wheat is one of the more common food allergies in children. Wheat allergy symptoms include:

- Swelling, itching or irritation of the mouth or throat
- Hives, itchy rash or swelling of the skin
- Nasal congestion
- Itchy, watery eyes
- Difficulty breathing
- Cramps, nausea or vomiting
- Diarrhea
- Anaphylaxis



What are the treatments for food allergies?

There is no as such treatment for food allergy other than avoiding the food you are allergic to. As an example if you are allergic to eggs, for instance, you not only avoid eating eggs but might have to avoid *everything* containing eggs. You even need to speak with your doctor about vaccines made with egg residues, which include injections for flu and yellow fever.

Food allergies can be confusing and isolating. Consult with your doctor before arriving to any conclusion. As removing a food from your diet without having enough evidence about allergy can leave you with an unbalanced diet, which may cause other health problems. For support, you can also contact the Food Allergy & Anaphylaxis Network (FAAN) at (800) 929-4040 or visit www.foodallergy.org.

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