

## **Food Allergy vs. Food Intolerance**

A food allergy is an overreaction of the bodies' immune system to a food protein that is typically harmless. This reaction can be mild to life threatening. A food allergy can result in anaphylaxis, which is characterized by lowered blood pressure, swelling, hives, unconsciousness, and even death. An allergy is a more serious reaction between a food protein and the bodies' immune system. Food intolerance is an adverse reaction to foods not involving the immune system. Food intolerances may include food additives, sulfites, and lactose intolerance. The symptoms for food allergies and food intolerances involve the gastrointestinal tract, skin and the respiratory system. These symptoms are characterized by difficulty breathing, congestion, asthma, nausea, vomiting, diarrhea, abdominal cramping, atopic dermatitis, swelling of face and itching.