



Is It Food Intolerance or Food Allergy?

Food Intolerance

Non-allergic reaction to food, it is actually a reaction of the digestive system

Signs/Symptoms

- Nausea
- Stomach pain
- Gas, cramps or bloating
- Vomiting
- Heartburn
- Diarrhea
- Headache
- Fast heartbeat
- Irritability or nervousness

Food Allergy

Serious health condition, where a specific food or a component of a food is harmful to the body systems

Signs/Symptoms

- Tingling sensation in the mouth
- Swelling of the lips, face, tongue and throat
- Wheezing or difficulty breathing
- Hives
- Vomiting
- Abdominal cramps
- Dizziness from a drop in blood pressure
- Fainting/loss of consciousness