

# FOOD INTOLERANCE

When your food  
doesn't 'suit' you.



**P. D. HINDUJA HOSPITAL  
& MEDICAL RESEARCH CENTRE**

Do you or your child have any of the following **symptoms**, some of them unexplained, even after many rounds of tests?

- Recurrent breathlessness
- Persistent watery nasal discharge
- Recurrent waxing and waning abdominal pain, bloating/diarrhea/constipation
- Unexplained joint pain/swelling/muscle pain
- Recurrent unexplained headaches, general lethargy
- Sensation of one's own heartbeats
- Unexplained bouts of crying in an otherwise well fed and cared for baby

- Refusal to eat or becoming fussy after eating (among kids)
- Any symptom/s resembling allergic reaction to a drug

## **We might be of help!**

The culprits can often be the **foods** we eat:

- Dairy products, especially cheese, cow's milk, yoghurt
- Eggs, especially egg white
- Chocolate
- Citrus fruits, tomatoes
- Nuts, especially peanuts
- Flavor enhancers such as MSG (MONOSODIUM Glutamate) added commonly in Chinese cuisine

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- Wine, especially red wine
- Canned fish, particularly those not refrigerated properly
- Lactose (sugar found in milk)  
passed on to babies though breast feeding or formula feeds

Over 200 foods have been known to cause the above mentioned symptoms and more.

If you find that your symptoms are aggravated by the foods you eat or haven't been diagnosed yet, you may be one of the many oft-overlooked victims of food intolerance or food allergy.

**Food Intolerance** is the inability to completely break down food into absorbable components due to lack or insufficient amounts of digestive enzymes. This leads to abnormal or exaggerated physical reactions like the ones mentioned above. It may also be due to certain chemicals found naturally in foods. Psychological factors also play an important role. Food intolerance doesn't involve the immune system unlike food allergy.

**This is where we can help you.**

Hinduja Hospital offers you **one of its kind** lab to help detect food intolerance early.

We provide you with "**Genarray**" test to measure food specific IgG levels in blood.

### **Tackling Food Intolerance**

Food intolerance is treated by avoiding the foods that trigger the reaction.

Once identified, the food(s) to which you are sensitive, should be ideally removed from the diet. To do this, one must read the detailed ingredient list on each food before eating.

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Many allergy-producing foods such as peanuts, eggs, and milk, appear in foods one normally would not

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