

OHSU Allergy and Immunology

Types of Food Allergy

IgE-mediated

IgE-mediated food allergies occur when the immune system overreacts to a food protein and results in an allergic reaction. The symptoms can range from mild to severe, including hives, swelling, abdominal pain, vomiting, and even anaphylaxis. Common food allergens include peanuts, tree nuts, milk, eggs, wheat, soy, fish, and shellfish. A doctor can diagnose IgE-mediated food allergies through a detailed history and can confirm with a skin prick test or a blood test looking for specific IgE to the culprit food. In some cases, an observed food challenge may be necessary to confirm the diagnosis which is done in clinic.

Eosinophilic Esophagitis

Eosinophilic Esophagitis (EoE) is a chronic inflammatory condition of the esophagus that causes difficulty swallowing, chest pain, and reflux-like symptoms. It is believed to be triggered by food allergens and affects both children and adults. Diagnosis of EoE involves a combination of medical history, physical examination, and an upper endoscopy with biopsy. Treatment can involve food elimination diets and/or medication management.

Food Protein-Induced Enterocolitis Syndrome

Food Protein-Induced Enterocolitis Syndrome (FPIES) most often affects infants and young children. It causes severe vomiting, diarrhea, and dehydration, typically a few hours after eating the offending food. The most common trigger foods are cow's milk, soy, and grains.

Food Protein-Induced Allergic Proctocolitis

Food Protein-Induced Allergic Proctocolitis (FPIAP) affects infants and young children. It causes blood-streaked stools and sometimes mild diarrhea. The most common trigger foods are cow's milk, soy, and other proteins.

Diagnosing FPIES and FPIAP typically involves a medical history, physical examination, and if needed, an oral food challenge under medical supervision.

Pollen-Food Allergy Syndrome (PFAS)

Pollen Food Allergy Syndrome (PFAS) is a type of allergic reaction that occurs when individuals with pollen allergies react to certain raw fruits, vegetables, and nuts due to cross-reactivity between proteins. Symptoms include itching or tingling in the mouth, throat, or lips, and in very rare cases, hives or systemic reactions may occur.

Sources

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