

FOOD INTOLERANCES

What are food intolerances? Is it the same as an allergy? Food intolerance is a difficulty in adequately digesting a food or component of the food, which can result in gastrointestinal distress such as gas pains, bloating, and diarrhea. Some common offenders include milk products; usually from lactose, milk sugar, wheat/grain products, and foods that tend to cause intestinal gas or bloating; cabbage or beans.

Food intolerances can often be mistaken for a food allergy, however a **true** allergy refers to the protein in the food which triggers a histamine response to that food. A **true** food allergy can be life threatening, whereas food intolerance is not.