

What is a Food Allergy?

“A food allergy occurs when your immune system responds to a typically harmless protein found in certain foods.”

Food allergies can be life threatening and are very serious. A food allergy sends someone to the emergency room every 3 minutes.

1 in 13 children in the United States suffers from a food allergy.

Source: Food Allergy Research and Education

What is a Food Intolerance?

A food intolerance, a.k.a. a food sensitivity, occurs when a person has a hard time digesting a certain food.

Unlike a food allergy, food intolerances are not life threatening.

“Food intolerances involve the digestive system whereas food allergies involve the immune system.”

Source: American Academy of Allergy Asthma & Immunology