

Dear Mr. Horváth

As a rule, the symptoms of food-intolerance show up only slowly following the intake of problematic food. The problematic types of food usually are ones that we regularly eat, such as wheat flour, milk, eggs and the problems manifest themselves in different ways in case of adults and children.

Less food give more rapid reaction in case of children's, while older organisms get much slower intolerant, sometimes even after decades, to a certain food or food composition. In the beginning the organism tolerates the intake of intolerated food relatively "well", and then the patient will have dysphoria, first occasionally, then permanently, and will present other skin and gastro-intestinal symptoms.

Factors giving rise to such intolerance can be the taking of medication, artificial food additives, flavours, preservatives, hormonal changes, adolescence, pregnancy and pre-menopausa.

Symptoms frequently met are:

- headache, migraine
- diarrhoea, wind colica, heavy generation of intestinal gas or sometimes constipation and, in case of children, abdominal pains,
- nausea, stomach complaints, digestion problems
- arthralgia and myalgia
- skin diseases,
- fatigue, dysphoria

Food-tolerance can be caused by

- acute diarrhoeia in consequence of which the useful entero bacteria (components of the intestinal flora) disappear from the colon;
- a durable antibiotics treatment or a therapy using great doses of antibiotics are also reasons that may result in the loss of equilibrium intestinal flora
- certain enzyme operation disorders (migraine and psychic symptoms
- e.g., hyperactivity.

The only secure way to prove the result of a food intolerance test is to follow the exclusion principle, that is, exclusion diet. The organism can be sensitive to any foodstuff which we eat regularly and in large quantities!

During this diet, we omit every food we regularly take and after improvement we re-introduce them gradually and one by one into the eating regimen (we test them).

If there is a regression, then we have probably found the foodstuff

causing the problem.

It is very frequent that the intolerance or sensitivity is evoked not by a certain food by the foodstuffs that have accumulated in the organism. The tolerance limits are also influenced by age, the hormones, immune and hormone systems, accompanying ailments, auto-immune ailments, etc.

The allergenic effect of milk cannot be stopped by boiling milk. There can be cross reactions between the milk of various lactiferous animals. which means that neither the sheep, nor the goat milk or the products made thereof can be given to people suffering from milk allergy.

Due to their similar gene constructions there can be cross reactions between the milk of these animals and their hair, therefore one should be cautious also when eating lamb, goat or beef-

The ovalbumine, ovomucide, conalbumin, leucitine, lysozym, vitellin, ovovitellin, ovoglobuline G2 and G3 that can be found in **egg white** can also be mentioned: this is the reason why paediatrics do not recommend to give eggs to children under the age of 1. Cross sensitivity can be observed also if chick, turkey, duck, goose is served with peas, garment, soya sauce or other foodstuff containing soya. Egg yolk can also contain allergenic substances or ones evoking sensitivity. Egg white and yolk (fresh, frozen, powdery), whole egg, egg lecithin in every form are to be avoided for a while or be monitored by an exclusion diet. Egg-sensitivity, as any other food sensitivity, can be overcome by a well-elaborated diet and eggs can then be included anew in the eating regimen. Similarly to babies, eggs can be reintroduced in one's diet gradually only over a year's time.

Foodstuffs and dishes containing egg: pastry, milk-loaf, bread rolls, French rolls, cakes, mayonnaise, alcoholic beverages, egg-nog, baby food, pancakes, goffry, sauces, soups, semi- and ready cooked dishes, rissole powders, breaded meals, ice creams, puddings, etc.

The various cereals, such as wheat, barley, rye, etc.. As a rule, the symptoms start 6 to 12 months following the inclusion of the cereal in the patients' diet and develop gradually. The intensity of the ailment and the date of the emergence of symptoms may vary, depending on when gluten got into the diet and what is the daily gluten intake.

The following contain gluten:

wheat flour, flakes, offal, semolina, sprouts, wheat farina,
German wheat flour, durum wheat flour
barley flour, barley flakes, pearl barley, malt (malted barley),
wild rice,
wheat bears, muesli mixes, bear, whiskey, vodka, gin.

Traces of gluten may be found in the following:

food thickeners, stabilizers, caramel, citric acid, dextrin, mono- and di-glycerid, malt, maltodextrin, maltose, vegetable-based thickener, rice milk, soy drink, soya sauce, miso, blue cheese, baking powder, instant cocoa and coffee, desiccated soup, desiccated sauces, mustard, ketchup, waffle, biscuit, slimming powders.

There is no gluten in the following:

corn flour, corn flakes, grits, potatoes flour, tapioca flour, millet flour, buckwheat flour, soy flour, yellow beans flour, carob flour, amaranth flour guar seed flour.

Most of those with allergy to flour have no problem with oat flour, but only little quantities are recommended.

To be on the safe side the following are to be avoided, too:

Certain types of fish: the histamine contents of certain fish (mackerels and tuna fish) can increase extremely due to the decomposition processes taking place in them, or due to improper storage before processing.

If completely fresh or frozen, the majority of fish and fruits of the sea will cause no problem, but if they wait for a longer time to be eaten then, caused by the bacteria accumulating in them, histamine production shall start. Therefore, if someone is sensitive to histamine then such person should take these only if it is absolutely sure that they are fresh. Deep-frozen food always contains less histamine than the one stored in the refrigerator for several days. Tinned and smoked fish should be completely avoided. Cross allergies among foodstuffs of vegetable and animal origin have been shown between the fruits of the sea (crawfish, crustaceans, mussels, etc.) and the spices used during cooking. From among the cereals used for bread making, wheat, rye, barley, oat, rice, and corn may have intense cross reactions with one another.

Many times sensitivity to soy is accompanied by sensitivity to other legumes.

Soy can be found in the following forms: soy beans, soy flour, soy concentrate, soy lecithin, soy milk, tofu, soy sauce, soy albumin products (textured products), soy albumin isolate, cold-pressed soy oil.

It can be found in hidden form, too:

In various types of bread, cakes, French bread, rye loaf, dressings, desiccated dressings, sauces, soups, desiccated soups, cold collation, margarine, various types of cheese, potato purée powders, sweets, cakes, biscuits, chocolate, nougat, spice mixes.

There can be soy bean, soy germ, soy milk, and even soy flour and miso, soy pastry, soy oil, soy powder and granulate in them.

Tofu = cooked, pressed soy beans.

Tempeh – a soft mixture of fermented soy beans and rice having a mildly smoked taste

Miso – soft, salty and picantic pure used for dressings, soups and sauces.

Orange, grapefruit: Citrus allergy or sensitivity can manifest itself on the skin or in the gastro-intestinal tract. If they get in contact with the skin while eating or peeling them, , the volatile oils and acidic juice of the oranges can cause eczema. With food allergy the symptoms show themselves very rapidly, not rarely, within half an hour. In case of food intolerance, on the other hand, several days, even weeks or months can elapse until the onset of the symptoms and, depending on the ailment, it can manifest itself on the skin, or in the form of diarrhoea, or wind-colic.

Ribes, rhubarb, brambles: Even these perfect fruits have their disadvantage as, unfortunately, in Hungary they are the most allergenic fruits. As most of small fruits with grains, they can cause complaints in people who are sensitive to such grains.. The various sensibility reactions shall cause symptoms only if certain proteins are also simultaneously present. This phenomenon is called cross-sensitivity. If the organism does not tolerate the protein present in the food eaten, it shall many times cause eczema, itching, headache, nervous excitement, concentration disorders and, as a less obvious but even more unpleasant symptom, enteritis and the accompanying disorders of the digestive tract.

These fruits can be present in yoghurts, creams, syrups, fruit powders, flavour intensifiers, candies, various fruit cakes and multivitamins, therefore, it is advisable to read the label of these types of food preparations.

In case of certain spices the unpleasant effects they have are attributable to the salicylates in them. Such salicylates can be, for example, in curry. In addition to the spices listed up, black pepper, ginger (ginger is a delicious ingredient of milk and fruit drinks and food salads and is an important spice of the Indian kitchen) and the hot Asian spices can also be irritating for people suffering from food allergy or food intolerance.

Pepper (white and black): pepper has not only flavouring and an appetizing effect:_one should be careful when using it, as it also

irritates the digestive tract. This means that even its variants should be used very carefully, and in many diets pepper is forbidden and is replaced by pepper-grass. Pepper contains volatile oil, piperine, pirolin and karicin.

The most beneficial properties of **pineapple** are attributable to bromelain enzyme that facilitates the digestion of proteins. Bromelain can digest several times as much protein as its own weight is and all this, in a matter of minutes. It decomposes food and dead tissues, still, leaves our bowels intact. Its flavour and sweetish taste are excellent with a number of main dishes. In Asian kitchen pineapple is a major ingredient of many poultry, swine, beef, fish and rice dishes and is used in chutney, too.

Sensitivity and allergy to **nuts and almonds** with even more serious symptoms than allergies for the foodstuffs discussed above, are all more frequent lately both among children and adults. It is again not only eating nuts and almonds for pleasure, but their use in other foodstuffs to intensify their tastes or simply as fillers that can cause problems.

Lately, the various kinds of nuts are used in all and more kinds of desserts, sweets, Asian dishes and also in pesto sauce you can buy in the shops.

Other possible sources of nuts and almonds are corn products, muesli rods, dressings, sauces and even shampoo and body milks.

Juniper seeds are one of the most tasty and interesting materials used in Italian kitchen: the famous basil sauce is made of juniper seeds but is also frequently sprinkled on vegetable dishes. It fits cakes, ice creams, too and is mixed in bread too.

Yeast: it is a special case of food allergy, when certain ingredients are responsible for headache. Such can be, due to their high histamine contents: spinach egg plant, tomato, chicken liver, certain types of wine; due to their tyramine contents: cheese, chocolate, yeast, and tyramine can also be found in several foodstuffs as additive.

The most important is to use unleavened bread and to reduce sugar consumption!

Brands of unleavened bread or bread made with raiser: Piszke bread, Hamlett, Abonett, Anti Candida bread, bulath.

High potassium, calcium, magnesium, iron, copper and zinc contents are the third favourable property of cocoa and chocolate. The tan materials present in cocoa beans and the large quantity (0.6 to 0.9%) of oxalic acid considerably inhibit the adsorption of the above minerals, therefore, in the final analyses the quantity of utilizable metals (especially, calcium and iron) is comparably low. It is a commonly known fact that the plain carbohydrate contents of

chocolate is high: 30 to 35 per cent of its total weight is refined sugar, thus, its regular consumption shall weaken the immune system, upset the balance of the intestinal flora, and can be like an incubator for systemic fungal ailments. The decomposition of sugar in such a quantity can also lead to vitamin (especially Vitamin B1) and mineral material (e.g., calcium) loss.

Agar is also a jellifying agent we tend to forget about although, as a food additive (E 406), it is present in our household.

It is a severally complex carbohydrate composed of D-lactose sugar molecules and a hydrophilic colloid polysaccharide molecules. It can be found mostly in ice creams, and has no flavour or odour.

It is used in the food and beauty industry.

Cuscus has many types ranging from pastry twirled from wet hard wheat grits (seminola) with flour on it, but it can also be made of other cereals such as barley, millet, corn, barley germs and even bread crumbs. It can be also sweet, have cinnamon, castor sugar in or on, and can be served with fruits as well, or as garnish accompanying salty meals. Wheat-free cuscus is also available and it is a preferred ingredient of Indian, African and Asian food, in desserts, to accompany fruits, vegetable salads, and grilled food to absorb dripping

Paprika (green/red pepper):

Cross-sensibility can occur and cause symptoms if in the meal of a patient sensitive to pollen of weeds ground paprika, ginger or cinnamon is mixed.

From among garden staff and vegetables, tomato, **paprika (green/red pepper), celery** and cucumbers can be mentioned as plants causing allergy. In case of paprika the irritating and histamine releasing effect of capsaicine is to be blamed for this.

Allergy to spices is, as a rule, a phenomenon parallel to and coexisting with pollen allergy.

As long as it is not found what lays behind their complaints, patients suffering from food intolerance eat, as a rule, large quantities of the foodstuff causing their problem, their organism has a relish for it. The reason for it are the exorphines that get formed during the digestion of the protein contents of various foodstuffs.

Their structures are very similar to those of the endorphins. The endorphins are produced in the brain and act as an internal painkiller and improve the way you feel. According to the studies the exorphines in food act similarly to endorphins and improve one's moods.

Important to note!

Certain vaccines use the white of the egg of hens as media and, thus, can evoke or maintain allergy or sensitivity.

Avoid perfumed detergents, soaps, and beauty preparations, and instead of them, use allergy-tested ones!

As much as possible clothes made of natural materials, such as untreated cotton or silk, should be preferred.

Use ointments with active ingredients of biological origin for itching and the injuries of the epithelium.

Instead of alloy steal use enamelled pots!

Get rid of the poisonous substances in your living area,, such as wood preservers, formaldehyde, etc. as they can make your eyes burning, throat paining, and you to have chronic cough and headache.

Control the walls of your flat least they are wet and have mould!

If your complaints persist, then seek advice from a gastroenterologist, who, based on the symptoms with the diet observed, shall make a thorough test of the mucous membranes of your stomach and bowels. The diet (exclusion or elimination diet) shall be observed for 3-4-6 months.

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The making of special eating regimen and diet can be of help to you. Diet planner and nutritive calculating softwares

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