
Advanced Certificate in Nutritional Strategies for ADHD

food sensitivities and allergies

****Acute food allergy:**** An immediate allergic reaction to food, typically occurring within minutes to a few hours after ingestion. Symptoms can include hives, swelling, difficulty breathing, and anaphylaxis.

****Anaphylaxis:**** A severe, life-threatening allergic reaction that can cause difficulty breathing, rapid heartbeat, and a drop in blood pressure.

****Antihistamines:**** Medications that block the action of histamine, a chemical released during an allergic reaction. Antihistamines can help alleviate symptoms of food allergies, such as itching, hives, and runny nose.

****Atopic dermatitis:**** Also known as eczema, atopic dermatitis is a chronic skin condition characterized by red, itchy, and inflamed skin. It can be triggered by food allergies.

****Cross-reactivity:**** When the immune system mistakes a protein in one food for a protein in another food, causing an allergic reaction. This can occur when two foods have similar proteins.

****DDT:**** A pesticide that was widely used in the mid-20th century. DDT has been linked to an increased risk of food allergies and sensitivities.

****Delayed food allergy:**** An allergic reaction to food that occurs several hours to days after ingestion. Symptoms can include digestive problems, headaches, and skin rashes.

****Diagnostic elimination diet:**** A diet used to identify food allergies and sensitivities. The suspected food is removed from the diet for a period of time, and symptoms are monitored. If symptoms improve, the food is gradually reintroduced to see if they return.

****Double-blind placebo-controlled food challenge (DBPCFC):**** The gold standard for diagnosing food allergies. The person is given either a food allergen or a placebo, and neither the person nor the administering doctor knows which one it is. This is done to eliminate bias in the results.

****Egg allergy:**** An allergy to eggs, usually caused by the protein in egg whites. Symptoms can include hives, swelling, difficulty breathing, and anaphylaxis.

****Elimination diet:**** A diet that eliminates certain foods or food groups in order to identify food allergies or sensitivities.

****Fish allergy:**** An allergy to fish, usually caused by the protein in the fish. Symptoms can include hives, swelling, difficulty breathing, and anaphylaxis.

****Food additives:**** Substances added to food to improve its taste, appearance, or shelf life. Some food additives, such as artificial colors and preservatives, have been linked to an increased risk of food allergies

and sensitivities.

****Food allergy:**** An adverse immune response to a food protein. Symptoms can include hives, swelling, difficulty breathing, and anaphylaxis.

****Food challenge:**** A test used to diagnose food allergies. The person is given the suspected food allergen and monitored for symptoms.

****Food intolerance:**** An adverse reaction to food that does not involve the immune system. Symptoms can include digestive problems, headaches, and skin rashes.

****Food labeling:**** The requirement for food manufacturers to list ingredients and potential allergens on food packaging.

****FPIES:**** Food protein-induced enterocolitis syndrome, a type of food allergy that affects the gastrointestinal tract. Symptoms can include vomiting, diarrhea, and dehydration.

****Histamine:**** A chemical released during an allergic reaction. Histamine causes symptoms such as itching, swelling, and runny nose.

****IgE:**** Immunoglobulin E, a type of antibody involved in the immune response to allergens.

****IgG:**** Immunoglobulin G, a type of antibody that can be involved in food sensitivities.

****IgG food sensitivity test:**** A blood test that measures the level of IgG antibodies to specific foods. The results of this test are controversial and not widely accepted as a reliable method for diagnosing food sensitivities.

****Latex-fruit syndrome:**** A cross-reactivity between latex and certain fruits, such as bananas, avocados, and kiwis. People with latex allergies may also be allergic to these fruits.

****Leukotrienes:**** Chemicals that are released during an allergic reaction. Leukotrienes cause symptoms such as wheezing, coughing, and shortness of breath.

****Mast cells:**** Immune cells that release histamine and other chemicals during an allergic reaction.

****Milk allergy:**** An allergy to milk, usually caused by the protein in cow's milk. Symptoms can include hives, swelling, difficulty breathing, and anaphylaxis.

****Nuts:**** A group of foods that includes peanuts, tree nuts, and seeds. Nuts are a common cause of food allergies.

****Non-IgE-mediated food allergy:**** A food allergy that does not involve the immune system's production of IgE antibodies. These allergies can be more difficult to diagnose than IgE-mediated food allergies.

****Oral allergy syndrome:**** A type of food allergy that occurs when the immune system mistakes a protein in a food for a protein in pollen. Symptoms can include itching, swelling, and tingling of the mouth and throat.

****Peanut allergy:**** An allergy to peanuts, usually caused by the protein in peanuts. Peanut allergies are a common cause of anaphylaxis.

****Placebo:**** A substance that has no therapeutic effect, used in clinical trials to compare the effects of a treatment.

****Radioallergosorbent test (RAST):**** A blood test used to diagnose food allergies. The test measures the level of IgE antibodies to specific foods.

****Sesame allergy:**** An allergy to sesame seeds, a common ingredient in Middle Eastern and Asian cuisine. Symptoms can include hives, swelling, difficulty breathing, and anaphylaxis.

****Soy allergy:**** An allergy to soy, usually caused by the protein in soy. Symptoms can include hives, swelling, difficulty breathing, and anaphylaxis.

****Specific IgE blood test:**** A blood test used to diagnose food allergies. The test measures the level of IgE antibodies to specific foods.

****Sulfites:**** Preservatives used in some foods and beverages, such as dried fruit, wine, and beer. Sulfites can cause allergic reactions in some people.

****Tree nut allergy:**** An allergy to tree nuts, such as almonds, cashews, and walnuts. Tree nut allergies are a common cause of anaphylaxis.

****Wheat allergy:**** An allergy to wheat, usually caused by the protein in wheat. Symptoms can include hives, swelling, difficulty breathing, and anaphylaxis.

****Xanthophylls:**** Carotenoids that are found in foods such as corn, spinach, and eggs. Xanthophylls have been linked to a reduced risk of food allergies.

This glossary provides a comprehensive overview of the key terms and concepts related to food sensitivities and allergies in the context of the Advanced Certificate in Nutritional Strategies for ADHD. From acute food allergy to xanthophylls, these terms cover a wide range of topics related to the diagnosis, treatment, and prevention of food allergies and sensitivities. Understanding these terms is essential for anyone working in the field of nutrition, particularly those working with individuals with ADHD, as food sensitivities and allergies can have a significant impact on their health and well-being.

When it comes to diagnosing food allergies, terms such as double-blind placebo-controlled food challenge, specific IgE blood test, and radioallergosorbent test are critical. These tests help healthcare providers determine whether a person has a food allergy, the severity of the allergy, and which foods should be avoided.

In terms of treatment, terms such as antihistamines, mast cells, and leukotrienes are important to understand. These terms relate to the immune system's response to allergens and the medications used to alleviate symptoms.

Prevention is also a key component of managing food allergies and sensitivities. Terms such as food labeling, elimination diet, and diagnostic elimination diet are crucial for identifying and avoiding trigger foods.

Finally, it's important to note that not all adverse reactions to food are caused by allerg