

# Are you **allergic** or **intolerant**?



**Allergy**

**Intolerance**

## What age?



Developed from infancy



Any age



## Who?

**2%**

of adults

**6-8%**

of children have an allergy

**45%**

of the population suffer from food intolerance

## Reaction



### Allergies

Immediately  
2 hours or less



### Intolerances

Delayed reaction to a food. Up to 72 hours after eating



# Allergy

# Intolerance

## Symptoms



Wheezing



Itching



Vomiting/  
Diarrhoea



Bloating



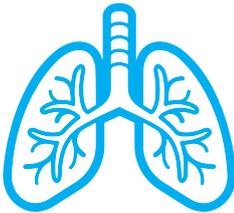
IBS



Weight  
issues



Dizziness



Breathing  
difficulties



Swelling



Migraines



Arthritis



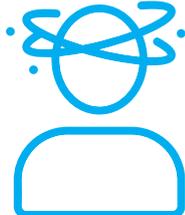
Depression/  
anxiety



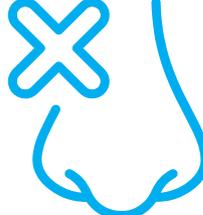
Rapid pulse



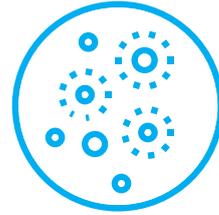
Fainting



Loss of  
consciousness



Rhinitis

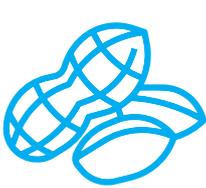


Psoriasis

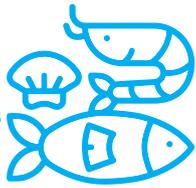


Tiredness

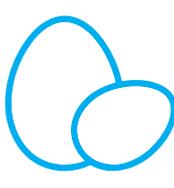
## Common allergies & intolerances



Peanut



Fish/  
shellfish



Eggs



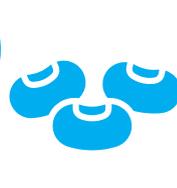
Milk



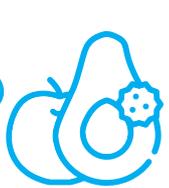
Bread



Gluten



Soya



Fruit/Veg

## How long?



Persist  
and are  
**lifelong**



Symptoms **can**  
**clear** after  
avoidance of  
offending foods