

Allergens



Allergies are an overreaction of the body's immune system to a specific part of a food, usually a protein.

These proteins may be from foods, pollens, house dust, animal hair or moulds.

They are called allergens.

The word 'allergy' means that the immune system has responded to a harmless substance as if it were toxic.

The protein in the food is the most common allergic component.

These kinds of allergies occur when the body's immune system mistakenly identifies a protein as harmful. ภูมิแพ้เหล่านี้ เกิดขึ้นเมื่อระบบภูมิ

There are 8 major food allergens 8

- Dairy
- Eggs
- Soy
- Wheat
- Tree nuts
- Shellfish and fish



The most common food intolerances are to gluten and lactose.

Gluten is a protein in grass-type grains such as wheat, barley and rye.



Bread, pasta, crackers, also in sauces, medications, lipstick, imitation crabmeat and other items not normally associated with grains.

แต่ยังอยู่ในขอสดต่าง ๆ ยาบางชนิด เนื้อปูเทียมและส่วนผสมบางชนิดที่เกี่ยวกับธัญพืช

Lactose is a type of sugar found in milk and other dairy products.

น้ำตาลชนิดหนึ่งที่พบในนมและผลิตภัณฑ์ที่มีส่วนประกอบของนม

