

Fact: Food allergy affects 1 in 10 children under five*

But did you know it is rare for a child to develop an allergy to a food they have previously eaten without problems?

What's the difference between a food allergy and a food intolerance?

- ♥ **A food allergy** is an exaggerated response by the immune system to a food protein. **Reactions** usually happen **within minutes** of eating a food that contains the allergen. **Symptoms** can include hives, itching, swelling, vomiting, abdominal pain, diarrhoea and nausea, and in some cases anaphylaxis (life-threatening).
- ♥ **A food intolerance** is an adverse reaction to certain foods, not involving the immune system. **Reactions** can be immediate or happen up to **20 hours** after a food is eaten. **Symptoms** can include (but are not limited to) bloating, wind, diarrhoea, nausea and indigestion.

**If you think your child has a food allergy
or intolerance see a doctor.**

