

**Advice on allergies : helpful information & advice on food & nutrition /
Tesco Stores Ltd.**

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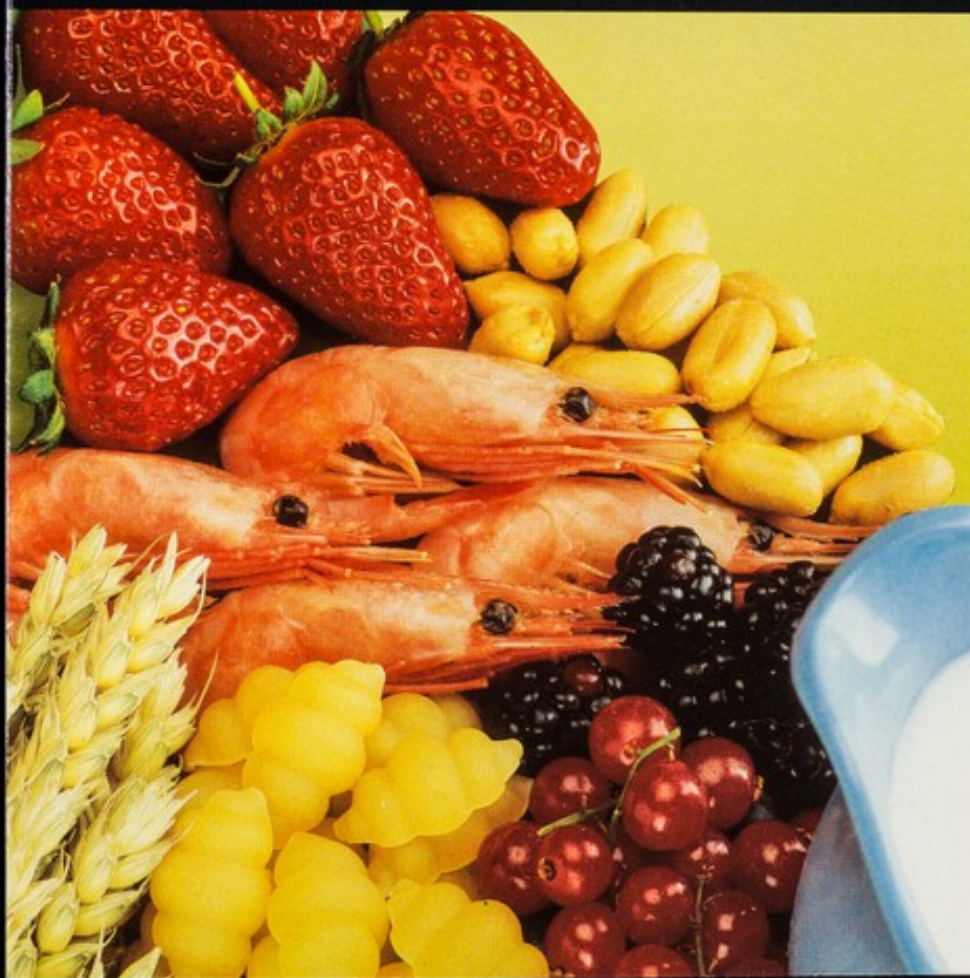


Advice on



Allergie

Nuts, B
Shellfis
Milk C



*Helpful
Information
& Advice
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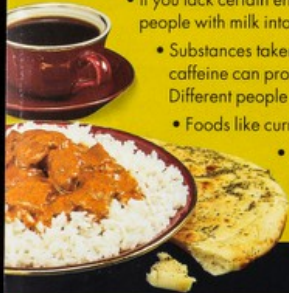
Allergies

Many people are intolerant to some foods in their diet. This means they have an unusual reaction to certain foods. Some reactions are mild, for example a slight rash, others are severe and life threatening. An allergy is a type of intolerance.

WHAT IS INTOLERANCE?

Intolerances can be caused by several factors:

- If you lack certain enzymes which help digest foods. For example, people with milk intolerance lack lactose which helps them digest milk.
- Substances taken in large quantities can act like drugs. For example, caffeine can produce symptoms like migraine and sweating. Different people have different levels of tolerance to these substances.
- Foods like curry can have an irritant effect on the lining of the gut.
- Some substances (allergens) cause a reaction in people who are sensitive to them. This response is called an ALLERGIC reaction.



DO YOU HAVE AN INTOLERANCE?

If you have an unusual reaction to some foods, like headaches, rashes, diarrhoea or vomiting, you could be intolerant to them. But the symptoms could have other causes. There are several methods used to find out whether you have an intolerance and it is important to consult your doctor. If you have an intolerance, your doctor will refer you to a dietician who will ensure your diet is adequately balanced if you need to eliminate a certain food. The symptoms of allergies may vary in severity and in the time they appear after exposure to an allergen.



AVOIDING INTOLERANCE

Allergies can run in families and many people can react to more than one substance. Young children often have allergies but grow out of them. It is thought that a baby's digestive system is not developed enough to cope properly with certain foods and so eating these foods can cause them to develop an allergic reaction. Foods such as cows' milk, eggs, wheat or soya should be avoided until the child is at least 6 months. Some children seem particularly sensitive to various food additives like colours which produce symptoms of hyperactivity. Food manufacturers have responded to this by reducing the colours used in foods.

TYPES OF ALLERGIES

COELIAC DISEASE

Coeliac disease is a sensitivity to the protein gluten, which is found in wheat, barley, rye and oats. The only way to control the disease is to have a gluten-free diet. Many staple foods such as bread and pasta contain wheat and specially-prepared gluten-free products are available for sufferers. Coeliac disease can cause poor growth and weight loss if not managed properly.

PEANUT ALLERGY

Peanut allergy is an anaphylactic food allergy. Anaphylactic shock is the name given to a massive allergic reaction within the body. It is a serious, potentially fatal condition that may develop, in sensitive individuals, within a few seconds or minutes of eating peanuts. Sufferers of peanut allergy may also be sensitive to other nuts.

WHEAT ALLERGY

This gives symptoms of asthma, itchy skin and/or diarrhoea in people who are sensitive to wheat. Whereas coeliacs are only allergic to the wheat protein, sufferers of wheat allergy are sensitive to the whole grain, including wheat starch.



MILK INTOLERANCE

Some people cannot drink cows' milk as it causes eczema due to a sensitivity to cows' milk protein. Others cannot digest lactose (the natural sugar found in milk) due to a lack of an enzyme. Babies and children with an intolerance to cows' milk can be prescribed a suitable soya-based milk substitute. Adults can use goats' or ewes' milk if the intolerance is due to cows' milk protein. (These milks still contain lactose).

EGG ALLERGY

This can produce eczema and a rash (similar to that produced by nettles). Sufferers need to avoid all eggs and egg products.

FISH AND SHELLFISH

"Nettle rash" is a mild response to these products but they can lead to anaphylactic shock in severe cases.



HOW CAN TESCO HELP?

Tesco produces a series of "Free-From" lists. These are a list of foods free from milk, eggs, wheat, gluten, additives, soya and peanuts. We can also produce special lists if you have other intolerances or a combination of intolerances. Information on ingredients is found on the label and you should always check the ingredients lists of products as recipes may change. Where Tesco is aware of nuts or nut products in the food, we will declare them in the ingredients list.



Advice on Allergies
is one in a series of leaflets. For more information please write to:
The Food Advice Service, Tesco House, P.O. Box 18, Cheshunt, Herts EN8 9SL.
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