

Food allergies require digging to find true source

By Erik Tormoen, *Outside*

To those on allergy-free diets: A larger number of popular, nutrient-dense foods may be available than you think. Just consider eating a part or variation of your allergenic cuisine.

Instead of abstaining entirely from eggs, for example, you may need only to shear away the egg whites—or whichever part of the egg makes you react allergically, according to a presentation by allergist Sami Bahna last month at the Annual Scientific Meeting of the American College of Allergy, Asthma and Immunology (ACAAI).

Allergist Joyce C. Rabbat confirms, writing, “Certain proteins of a food are more allergenic (i.e., more likely to cause an allergic reaction) than other proteins of the same food.”

To determine which parts of a food are fine to eat and which parts will actually cause a reaction, allergists perform oral food challenges. These involve feeding a patient tiny amounts of the suspected allergenic food in increasing doses.

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