

Food Allergies

vs.

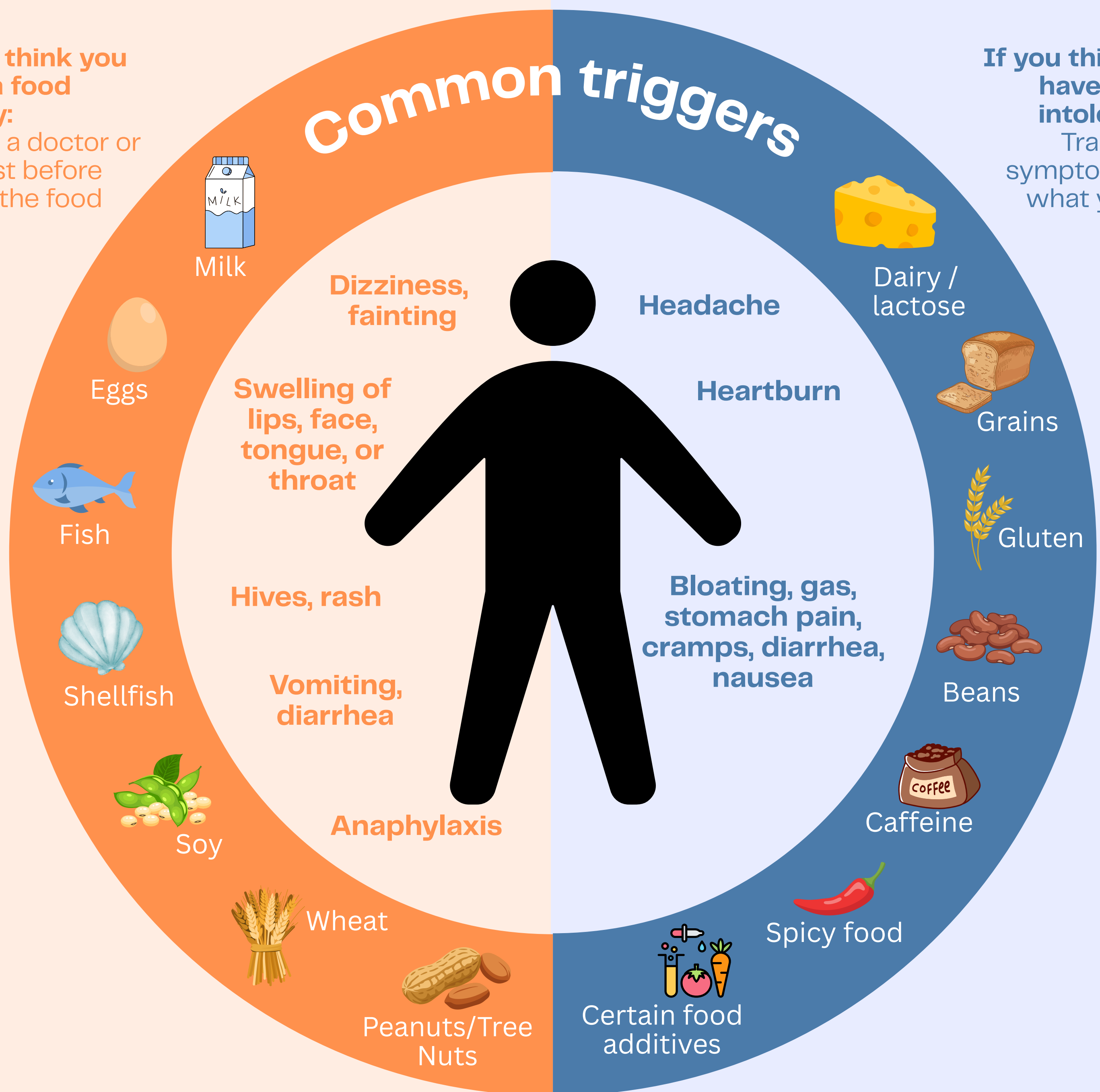
Food Intolerances

The immune system reacts to a food as if it is harmful

The body has trouble digesting or processing a food

If you think you have a food allergy:
Talk to a doctor or allergist before trying the food again.

If you think you have a food intolerance:
Track your symptoms and what you ate.



Food intolerances can be uncomfortable, but **food allergies can be dangerous or life-threatening**. If symptoms are severe, sudden, or involve breathing, swelling, or fainting, treat it as an emergency.



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Sources: CDC, Food Allergy Research & Education, Mayo Clinic, American College of Allergy, Asthma & Immunology