Universitat Autònoma de Barcelona

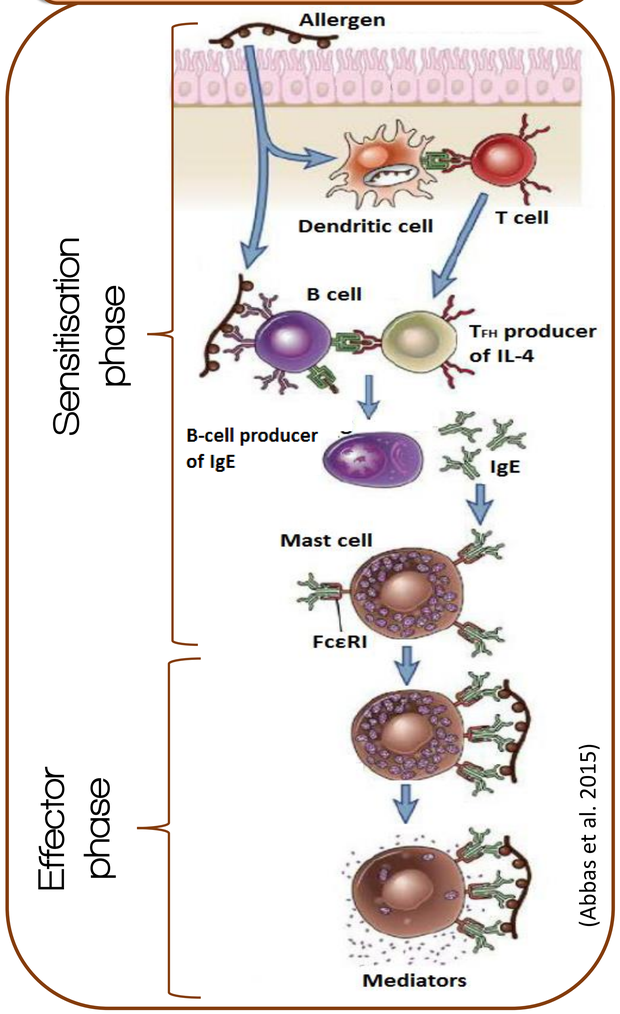
Alícia Masachs Freixa
June 2nd, 2017

# FOOD ALLERGIES

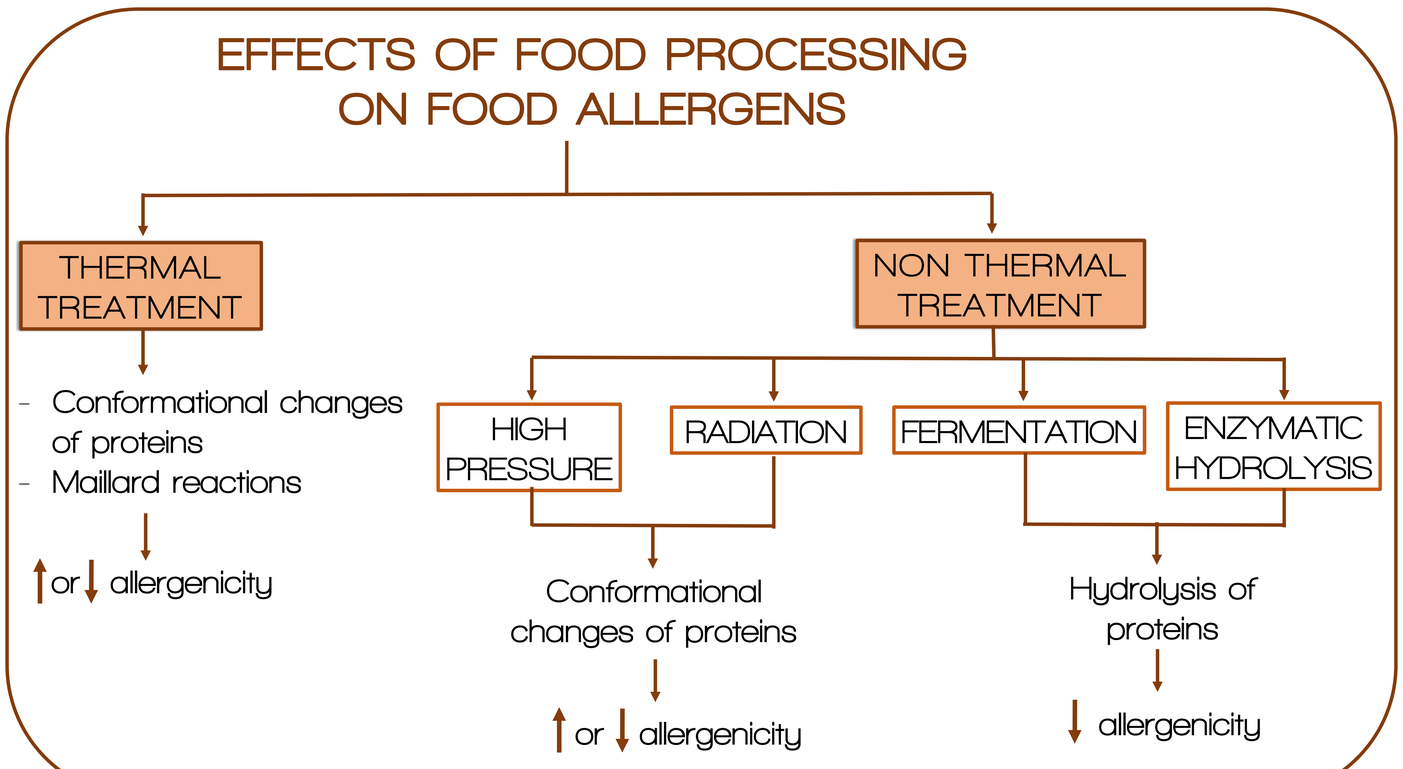
## GOALS

- To define what a food allergy is and differentiate it from food intolerances.
- To explain the immune response mechanism of food allergies.
- To know whether it is possible to either cut out or cut down on food allergens through their processing.


## IMMUNE RESPONSE TO FOOD ALLERGENS




## EFFECTS OF FOOD PROCESSING ON FOOD ALLERGENS




## CONCLUSIONS

- Food allergies are caused when an allergen unleash a series of reactions which involve the immune system. On the other hand, food intolerances don't affect the immune system.
- Food processing can influence on the allergenicity of food protein, either reducing the allergic potential, increasing it or producing neo-allergens.
- The enzymatic hydrolysis is the most efficient process to reduce food allergenicities.
- Avoiding completely the allergy causing food could be the only feasible option to protect the patient from the allergens exposition.