



healthyfood@sport

Food Allergies, Food Intolerances – Are they the same? Fact Sheet

Food Allergies

People with food allergies have an exaggerated immune response when they come into contact with normally harmless foods. Common allergens (triggers) include: peanuts; tree nuts (e.g. cashews, pecans, almonds); soy; sesame; wheat; milk; egg; fish; and shellfish. The allergic component of the food is the protein, which is otherwise harmless to a person without a food allergy. The severity of the allergic reaction depends on the individual. Responses can include: hives; skin redness; tingling around the mouth; swelling of the face, lips and eyes; vomiting and/or gastrointestinal discomfort; and in severe cases, anaphylaxis (see more below).

Food Intolerances

Unlike food allergies, food intolerances do not involve the immune system; therefore, food intolerance will not result in life-threatening symptoms such as anaphylaxis. Food intolerances are caused by naturally present or added food chemicals that cause symptoms in sensitive individuals. In some cases, an intolerance may be caused when someone cannot digest a particular food properly (e.g. lactose intolerance). People with food intolerances have varying degrees of symptoms. Any age group can be affected by food intolerances and they tend to be lifelong conditions. Symptoms of food intolerances include: skin rashes; gastrointestinal discomfort; and feeling tired and irritable.

What is Anaphylaxis?

People with a very severe allergic reaction may experience anaphylaxis. Anaphylaxis is a life-threatening condition that usually occurs within the first hour after coming in contact with a food allergen. Anaphylaxis must be treated immediately with an injection of adrenaline. The symptoms of anaphylaxis can include: difficulty breathing; wheezing; swelling of the throat, tongue; persistent dizziness; and even loss of consciousness.

Be proactive in managing your child's allergies

It may not be possible for your club's canteen to meet the dietary needs of all customers with food allergies and intolerances. Therefore, parents and caregivers are encouraged to be proactive in managing your children's allergies while participating in sports. Educate yourself and your child so you both have a clear understanding of the food allergy. It is important to have some strategies that both you and your child are aware of and manage while participating in sport; for example:

- Inform the sporting club and coaches about your child's food allergy.
- Ensure that your child is taught NOT to share food and drinks.
- Ensure that your child has sufficient appropriate food and drinks during all sporting activities.
- Plan ahead – check catering arrangements for any sporting events that require travel. Discuss the food options with your child prior to leaving home. When in doubt, pack food from home.
- When purchasing food and drinks from the canteen you may request to read labels or review ingredients of the products prior to purchasing. If your child is not able to make safe choices then they may need your parental supervision.



Mexican Salsa – Recipe

Ingredients

Serves	10	20
Tomatoes	3	6
Cucumber	1 large	2 large
Shallots	3 sprigs	6 sprigs
Green capsicum	1	2
Sweet corn, reduced salt	1 can (420g)	2 cans (840g)
Chickpeas, reduced salt	1 can (420g)	2 cans (840g)
Lemon juice	1 lemon	2 lemons
Trident® sweet chilli sauce	1 Tbsp	2 Tbsps
Olive oil	1 Tbsp	2 Tbsps
Paul's reduced fat natural yoghurt (optional)	400g	800g

Method

1. Wash and dice tomatoes, cucumber and shallots.
2. Wash, deseed and dice capsicum.
3. Drain sweet corn and drain and rinse chickpeas.
4. Add all ingredients, except yoghurt, into a large mixing bowl. Mix well to combine.
5. Spoon into 10 or 20 plastic cups to serve, with two tablespoons of yoghurt dolloped on top (optional).

Food Group Serves

1½ serves of vegetables per serve of salsa.

Tips

Serve with a new product on the market called “**PopCorners**” corn chips, which are classified **AMBER** and are available in most supermarkets. Also try pita crisps or make into delicious Mexican wraps with a sprinkle of reduced fat cheese.

Please note: this recipe will not be gluten free if wheat-based wraps are used to make the pita crisps or wraps.

Recipe adapted from and image courtesy of “Go for 2&5®” State of Western Australia 2012.

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