Organ Health Series : Liver

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Food Intolerance

What it is | Find the triggers | The signs and Prevention



My Health, My Responsibility

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What Is Food Intolerance?

Food intolerance happens when your body finds it hard to break down and digest certain foods or ingredients.

It is usually not life-threatening, but it can feel very uncomfortable.



Next: how is it different from an allergy? →

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Food Intolerance vs Food Allergy

How Intolerance is Different from Allergy

	Food Intolerance	Food Allergy
Affects	Digestive system	Immune system
Timing	A few hours after eating	A sudden reaction
Portion	Often depends on how much you eat	Even a tiny speck can trigger it
Severity	Usually not life-threatening	Severe and potentially life-threatening

Check the next page for the triggers and symptoms →

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Common Intolerance Triggers

Coffee, Cheese, Wheat, Wine or XYZ



Flip to find out more →

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The Most Common Culprit : Lactose

Lactose intolerance is when the body struggles to digest lactose – the natural sugar found in milk, cheese, yoghurt and in any dairy products.



Usually a few hours after eating

Often depends on how much you eat

Ask your doctor about tests. Manage it with lactose-free dairy or lactase supplements.

Other common triggers →

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Other Common Triggers



Gluten

Wheat, rye and barley



Caffeine

Coffee, tea and fizzy drinks



Histamines & Sulphites

Wine, aged cheeses, cider and beer



MSG

(Monosodium Glutamate)

A flavour enhancer in some savoury foods and cured meats



Salicylates

Certain fruits, vegetables, herbs and spices

Check the next page for the symptoms and how to manage them →

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Let’s Explore : Symptoms and Prevention



Flip to see what to do →

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Symptoms of Food Intolerance

Symptoms vary wildly from person to person.

In Your Gut:



Tummy pain and cramping



Bloating and excess wind (gas)



Diarrhoea or constipation



Nausea

Beyond Your Gut:



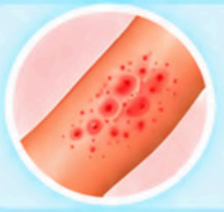
Headaches



Extreme tiredness



Joint pain



Skin rashe



Next: your 2-week plan →

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Your 2-Week Food Diary

Before your doctor's appointment, write down 3 things for 2 weeks.



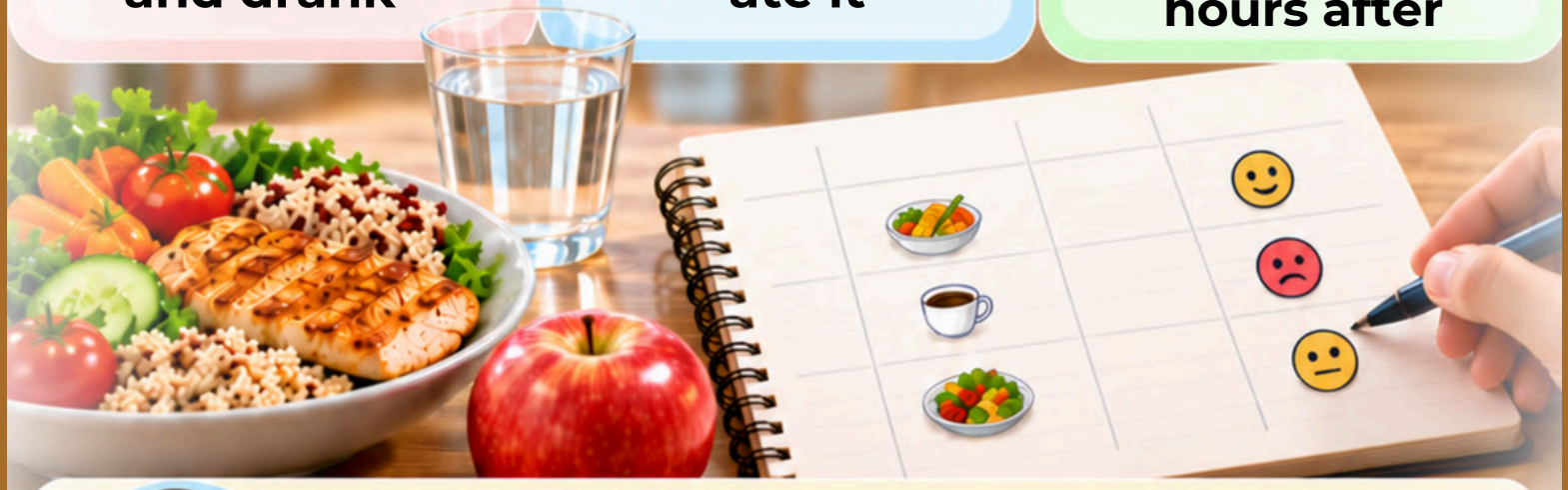
What you ate and drank



When you ate it



How you felt, and how many hours after





Doctors may use blood tests to rule out other conditions like Celiac disease. Avoid unverified commercial home-to-test kits.

Next: how to manage it →

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Most intolerances can be managed



Reduce.

Cut back on problem foods or avoid them completely. Try lactose-free dairy or lactase supplements before eating dairy.



Cook.

Some cooking methods can change food enough for your body to handle.



Protect.

Don't cut out major food groups (like dairy or wheat) for good without a dietitian. You could lack vital vitamins and minerals.



Small changes can make food intolerance easier to manage.

Your body speaks. Listen, understand, and find what works for you

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