

B.A. Part – II

Paper – III

Dietetics

Unit – VIII

Topic – Eggs Allergy and

Nuts Allergy

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Eggs Allergy

An egg allergy is the second most common cause of food allergy in children .

However, 68% of children who are allergic to eggs will outgrow their allergy by the time they're 16 .

Symptoms include:

- . Digestive distress, such as a stomach ache**
- . Skin reactions, such as hives or a rash**
- . Respiratory problems**
- . Anaphylaxis (which is rare)**

Interestingly, it's possible to be allergic to egg whites, but not the yolks, and vice versa. This is because the proteins in egg whites and egg yolks differ slightly.

Yet most of the proteins that trigger an allergy are found in egg whites, so an egg white allergy is more common .

Like other allergies, the treatment for an egg allergy is an egg-free diet .

However, you may not have to avoid all egg-related foods, as heating eggs can change the shape of the allergy-causing proteins. This can stop your body from seeing them as harmful, meaning they're less likely to cause a reaction .

In fact, one study found that around 70% of children with an egg allergy could tolerate eating biscuits or cakes containing a cooked egg component .

Some studies have also shown that introducing baked goods to children with an egg allergy can shorten the time it takes for them to outgrow the condition .

Nevertheless, this isn't the case for everybody, and the consequences of ingesting eggs when you are allergic to them can be severe. Because of this, you should check with your doctor before you reintroduce any egg-containing foods.

Tree Nuts Allergy

A tree nut allergy is an allergy to some of the nuts and seeds that come from trees.

It's a very common food allergy that's thought to affect around 1% of the US population .

Some examples of tree nuts include:

- . Brazil nuts**
- . Almonds**
- . Cashews**
- . Macadamia nuts**
- . Pistachios**
- . Pine nuts**
- . Walnuts**

People with a tree nut allergy will also be allergic to food products made with these nuts, such as nut butters and oils.

They are advised to avoid all types of tree nuts, even if they are only allergic to one or two types .

This is because being allergic to one type of tree nut increases your risk of developing an allergy to other types of tree nuts.

Additionally, it's easier to avoid all nuts, rather than just one or two types. And unlike some other allergies, an allergy to tree nuts is usually a lifelong condition.

Allergies can also be very severe, and tree nut allergies are responsible for around 50% of anaphylaxis-related deaths .

Because of this, people with nut allergies (as well other potentially life-threatening allergies) are advised to carry an epi-pen with them at all times.

An epi-pen is a potentially life-saving device that allows those with allergies to inject themselves with a shot of adrenaline

if they begin to have a severe allergic reaction.

Adrenaline is a naturally occurring hormone that stimulates the body's "fight or flight" response when you are stressed.

When given as an injection to people having a severe allergic reaction, it can reverse the effects of the allergy and save the person's life .