

Food Allergy and Intolerance

The Australasian Society of Clinical Immunology and Allergy (ASCIA) estimate that around 1 in 20 children and 1 in 100 adults suffer from food allergies. Fortunately many allergies are not severe and most children will grow out of their allergy early in life, however allergies to nuts, seeds and seafood are likely to be life-long and allergies developed as an adult generally persist. Food intolerances are more common although how many of us are affected is unknown. They may include reactions to lactose, fructose, wheat, gluten, and other naturally occurring food chemicals such as salicylates, amines and glutamate as well as some food additives. Unfortunately the dietary restrictions that come with food allergies and intolerance can mean greater difficulties in meeting nutritional needs. This course will discuss the most common food allergies, intolerances and other food sensitivities and how to manage them to ensure nutritional needs are still being met.

This course explores the following topics:

- ▲ Allergy versus intolerance – what's the difference?
- ▲ Symptoms of food allergies and intolerance
- ▲ Common food allergies including nut, cow's milk, egg and fish/seafood
- ▲ Food chemical sensitivity
- ▲ Lactose intolerance
- ▲ FODMAP sensitivity
- ▲ Coeliac disease

Upon successful completion, course participants will:

- ▼ Understand the difference between food allergies and intolerances
- ▼ Be aware of the common symptoms of food allergies and intolerances
- ▼ Understand the importance of proper diagnosis of allergies and intolerances
- ▼ Be familiar with common food allergies and their management
- ▼ Be able to identify the risks associated with severe food allergies and risk management
- ▼ Understand chemical food intolerance and its' management
- ▼ Be familiar with other adverse reactions to food including coeliac disease, lactose intolerance and FODMAP sensitivity
- ▼ Be aware of useful resources for those with food allergies and intolerance

Course creator bio: Kate is an Advanced Accredited Practicing Dietitian with a Masters of Nutrition and Dietetics and PhD in nutrition from the University of Sydney. She works in private practice in Sydney and has a particular interest in diabetes, polycystic ovary syndrome (PCOS), vegetarian nutrition and nutrition in pregnancy & pre-conception. Kate regularly sees clients with a range of food intolerances and coeliac disease and helps them to meet their nutritional needs within any dietary restrictions imposed by their condition. Having type 1 diabetes, coeliac disease and a FODMAP sensitivity herself, as well as choosing to follow a vegan diet, has given her plenty of experience in dealing with restrictive diets. She doesn't make a good dinner guest!

