



Management of Food Intolerance and Impact in Digestive Disorders

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DESCRIPTION

Food intolerance is a condition where body has difficulty digesting certain foods or ingredients. It can cause symptoms such as bloating, gas, stomach pain, diarrhea, headache and runny nose. The main difference between food intolerance and allergy is that food intolerance which involves the digestive system, while food allergy involves the immune system. Food intolerance occurs when body cannot break down or absorb certain foods or ingredients, such as lactose or gluten. Food allergy occurs when your immune system mistakenly attacks a food protein, such as peanuts or eggs, as a threat. Food intolerance can cause symptoms like bloating, gas, stomach pain and diarrhea, usually several hours after eating the food. Food allergy can cause symptoms like hives, itching, swelling and anaphylaxis, usually within minutes of eating the food.

Risk of food intolerance

Food intolerance is not life-threatening, but food allergy can be fatal without immediate treatment. Some common types of food intolerance are lactose intolerance, histamine intolerance and gluten sensitivity. There are some diseases that can cause or increase the risk of food intolerance. These include:

Celiac disease: This is an autoimmune disorder where gluten triggers an immune response that damages the small intestine.

Inflammatory Bowel Disease (IBD): This is a group of conditions that cause inflammation in the digestive tract. Examples are Crohn's disease and ulcerative colitis.

Irritable Bowel Syndrome (IBS): This is a common disorder that affects the large intestine. It can cause symptoms such as abdominal pain, bloating, gas, diarrhea and constipation.

It is most common and may affect 15%-20% of the population. It is more common in people with digestive disorders, such as Irritable Bowel Syndrome (IBS). The symptoms of food intolerance can vary in severity and duration, depending on the

type and amount of food to eat. They can also take a while to appear, sometimes several hours or days after eating the food. Some possible causes of food intolerance are when body does not produce enough enzymes to break down certain foods or ingredients. For example, lactose intolerance is caused by a lack of lactase enzyme that breaks down lactose, a sugar found in milk and dairy products. The complication in processing with certain chemicals is when body has facing trouble with metabolizing the substances in foods, such as histamine, caffeine or fructose. These substances can cause symptoms such as headaches, nausea, diarrhea and bloating. Sensitivities to certain additives or preservatives is seen when body reacts to artificial substances that are added to foods to enhance their flavor, color or shelf life. For example, some people are sensitive to sulfites, which are used to prevent browning in dried fruits and wine. Underlying gastrointestinal diseases is observed when they have a condition that affects your digestive system, such as celiac disease, inflammatory bowel disease or irritable bowel syndrome. These diseases can make gut more sensitive to certain foods and trigger symptoms such as abdominal pain, gas and diarrhea. The best way to treat food intolerance is to avoid or limit the foods that trigger the symptoms.

CONCLUSION

It is needed to keep a food diary to track what one eats and how one feels after eating. It is also important to read food labels carefully to check for hidden ingredients. Some people may be able to tolerate small amounts of certain foods without problems, while others may need to eliminate them completely from their diet. By identifying the foods that cause the symptoms and avoiding or limiting them, can manage the condition and enjoy eating without pain or discomfort. Depending on the type of food intolerance also have, benefit from taking supplements or medications that can help with digestion. For example, people with lactose intolerance may take lactase enzyme pills or drops before eating dairy products. People with histamine intolerance may take antihistamines or diamine oxidase enzyme supplements to reduce their symptoms.

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