



A REVIEW

An update on food allergy and potential treatment

Simran Kaur Arora* and Sristi Vats

Department of Food Science and Technology, College of Agriculture, Govind Ballabh Pant University of
Agriculture and Technology, Pantnagar (Uttarakhand) India
(Email: sim_n@rediffmail.com)

Abstract : Food allergy, an immune response to foods, is a real-world problem for humans affecting about 6–8% of children and 12% of adults, and their prevalence appears to be increasing. Allergies are caused by several food allergens like milk proteins, cereals, nuts, fish, fruits, and vegetables and cross-allergy is also prevalent which may occur through contact surfaces or emerging allergens through new plant-based food products or novel packaging materials. The reactions in the body due to food allergies show the signs and symptoms in the skin, cardiovascular system, gastrointestinal and respiratory tracts. This article provides an overview of advancement in scientific understanding about the progression of food allergies, their characteristics and underlying mechanisms, various diagnostic tests and possible treatments.

Key Words : Cow milk, Egg, Food allergy, Immunotherapy, Treatment

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