IMD Labor Berlin

From 'allergen' to diagnosis

Intolerances to foods are not always allergies. The figure shows typical 'suspicious' foods for the corresponding diseases.

Primary food allergy	Pollen-associated food intolerances			Intolerance of histamine-rich foods	Lactose intolerance	Fructose intolerance, Fructose malabsorption	Gluten intolerance (coeliac disease)
Hazelnuts Celery Apple Carrots Peanuts Cow's milk (raw>cooked) Fish (cod, salmon) Soy Chicken eggs Beef Seafood Wheat, rye, corn	Apple Pear Cherry Plum Peach Hazelnuts Almonds Walnuts Potatoes Tomatoes Carrots	Celery Parsley Carrots Camomile Aniseed Dill Coriander Caraway Fennel	Banana Avocado Mango Kiwi fruit Paw-paw Chestnut (Fig)	Red wine Sparkling wine Stout > wheat beer > pilsner Sauerkraut Tuna Mackerel Sardines Emmental cheese Harz cheeses Mould cheeses Salami Corned meats Red wine vinegar Chocolate Strawberries Tomatoes	All types of milk Fresh milk, UHT milk also cooked milk Milk products, whey Packaged small goods Fresh cheeses Low-fat quark Pre-packaged soups Ready-made sauces Fine breadcrumbs Cakes Ice cream Chocolate Tomato sauce Mustard Mayonnaise Sweetener tablets Margarine	Dried fruit Fruits, particularly: Apple Pear Cherry Kiwi fruit Grapes Fruit juices Lemonades Cola drinks Honey Jams and marmalades Confectionary, ice cream Cakes Fruit quark Tomato sauce Mayonnaise Ready-made sauces Sugar substitutes	Wheat Rye Barley Unripe spelt Spelt Bread Rusks Pasta Desserts Muesli Sauces Breaded products
Specific IgE anti-bodies (type I) or T cells (type IV) against food proteins	Cross-reaction between pollen and food with existing sensitisation to the corresponding pollen allergens			Deficiency in the histamine degrading enzyme diamine oxidase and/or Histamine accumulation	Deficiency in lactase in the intestinal mucosa	Deficiency in the fructose-cleaving enzyme aldolase B or/and fructose malab-sorption	Gluten-induced inflammatory changes in the intestinal mucosa
	Responsible: **Birch-/ hazel pollen**	Responsible: **Mugwort-/ composite pollen**	Responsible: **Latex/Ficus**				
Type I – spec. IgE 1 ml serum per allergen or **Type IV – LTT** 20 ml heparin blood + 5 ml whole blood	**IgE birch and hazelnut pol-len** 2 ml serum	**IgE mugwort pollen** 2 ml serum	**IgE to latex/ Ficus** 2 ml serum **BDT latex and Ficus** 2 ml EDTA blood	**Diamine oxidase (DAO activity)** 2 ml serum **Histamine** 10 ml heparin blood	**Lactose load test** or **Lactase genetic test** 2 ml EDTA blood	**Fructose load test** or **Fructose genetic test** 2 ml EDTA blood	**Gliadin-Ak** **Endomysium-Ak** **D-Gliadin-Ak** 5 ml whole blood **HLA-DQ2/7/8-typing** 2 ml EDTA blood