

Food Allergies and Intolerances: A Review

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Abstract

In recent years, food allergies and intolerances have had a growing presence in the population. This maybe due to either genetic predisposition or allergy that develops later in life. In addition, an increase in the recorded cases can also be caused by improved diagnostic and detection methods and discovering new allergens. The article provides an overview of the most common food allergies and intolerances and their symptoms

Keywords: allergens; allergenicity of food proteins; cross-reactivity; immunoreactivity; overview

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