

## **Comparison of Food Allergy Reactions vs. Food Sensitivity Reactions**

CONSIDERATIONS	IgE "ALLERGIC" REACTIONS	IgA, IgG, IgM "SENSITIVITY" REACTIONS
Onset of Reaction	Rapid	Delayed
Duration of reaction	Brief (minutes to 6 hours)	Prolonged (days to weeks)
Origin of response	Mast cells release histamine causing dilation of blood vessels, redness, swelling, itching, pain, smooth muscle constriction (i.e. asthma, anaphylaxis).	Immune complexes form between antibodies and food. These complexes are deposited in tissue where inflammatory cytokines are released that cause tissue damage.
Foods that trigger	Can be any food	Commonly consumed foods
Food quantity	Small amount of food	Depends on what amount the body can comfortably handle
Patient awareness	Person usually aware of food triggers	Person not usually aware of food triggers
Persistence	Reactions may persist for life or resolve spontaneously	Symptoms may occur for months after elimination of reactive foods
Half-life of antibodies	1-3 days	5-6 days for IgA; 21-96 days for IgG

*Source:*

- Rocky Mountain Analytical Labs ([rmlabs.com](http://rmlabs.com))