

Pseudoallergies

The symptoms of a pseudoallergy are very similar to those of an allergy. However, in contrast to an allergic reaction, a pseudoallergic reaction causes symptoms directly, without the release of IgE antibodies. Because IgE antibodies must be present in order for a diagnosis to be made via skin or blood testing, it is not possible to test for a pseudoallergy. Pseudoallergies can only be diagnosed via a strict exclusion diet and subsequent provocation testing with suspected pseudoallergens. Typical triggers of a pseudoallergy include food additives such as coloring agents or preservatives, but also naturally occurring substances such as biogenous amines, benzoic acids and probably aromas. Because it is not clear whether all pseudoallergens have been identified, the exclusion diet is referred to as “low in pseudoallergens” and not “pseudoallergen-free”.

The following terms on an ingredient list indicate the presence of food additives:

E100 – E1518, Coloring, Preservatives, gelling agents, thickening agents, moisturizing agents, emulsifiers, flavour enhancers, antioxidants, separating agents, coatings, artificial sweeteners, baking agents, stabilizers, flour treatment agents, modified starches, foaming agents, artificial aroma.

Ins and outs of the food labeling rules

- According to the latest food labeling regulation (from 25.11.2005), sulfur dioxide and sulfites must be listed on food packaging if the concentration is higher than 10mg/kg or liter. This means sulfur dioxide and sulfites may be present in food, but undeclared. Also be careful with foods that are not pre-packaged.
- The following food products may contain additives that are not listed on the label:
 - Unpacked processed food products (e.g. bread, cake, cookies, sausage, salads)
 - Potato products (e.g. chips or croquettes) from take-away shops
 - Alcoholic drinks
 - Chocolates or pralines.
 - You can ask about additives at the meat or chesse counter, there should be a folder where additives are listed.
 - **Warning:** No labeling is required for additives composed of different ingredients, when the resulting mixture does not affect the texture or flavour of the food (exceptions are sulphur dioxide and sulfites)

Before you buy food, always check the list of ingredients and avoid products containing additives and/or natural pseudoallergens!

You should follow the low-pseudoallergen diet for three weeks. You will start to see the effects after 10-14 days. It is important to follow the diet *strictly* for the duration! Each dietary “slip-up” can lessen the effectiveness of the dietary regimen. Only after the diet has been strictly followed we can start the search for the concrete triggers.

Low-pseudoallergen Diet (histamine free)

Strictly forbidden: all food containing additives, such as preservatives, dyes or antioxidants; all industrially processed food should be carefully checked regarding food additives

Generally forbidden: smoked, cured, marinated and rewarmed foods

Advisable: preparation of fresh food

	☺ Allowed ☺	☹ Forbidden ☹
cereals, bread, pastries, pasta, rice	<ul style="list-style-type: none"> Grains (wheat, rye, oats, corn, barley), as flakes, flour, semolina, starch Additive-free bread*, bread rolls*, crispbread* rice, rice cakes (only containing rice and salt) durum wheat pasta (without egg) sorghum, buckwheat, polenta, cornflakes 	<u>all</u> other finished products, e.g.: <ul style="list-style-type: none"> ready made muesli packaged sliced bread with additives bakery products pasta products (Ravioli, Tortellini), pasta containing eggs
potatoes	<ul style="list-style-type: none"> all kinds all self made products 	<ul style="list-style-type: none"> Convenience products, e.g. mashed potatoes, au gratin potatoes, croquettes, potato dumplings, fried potatoes Pommes frites
vegetables	All, except those listed as forbidden → Allowed are: asparagus, bean sprouts, beetroot, black salsify, broccoli, brussels sprouts, cabbage turnip, carrots, cauliflower, celery, chicory, chinese cabbage, corn, cucumber, endive, fennel, iceberg lettuce, radish, white cabbage, zucchini	<ul style="list-style-type: none"> artichokes, aubergine, avocado, legumes (peas, beans, lentils), mushrooms, rhubarb, spinach, sauerkraut, tomatoes and tomato products, olives, sweet peppers convenience lettuce mixed pickles and other pickled vegetables
Fruits, nuts, crops, seeds	-	<ul style="list-style-type: none"> fresh fruits and -products convenience products, like jam, candy fruits, fruit juices, -sauces, -compotes dried fruits nuts/ almonds
milk, milk products, cheese	<ul style="list-style-type: none"> fresh milk, buttermilk, kefir fresh whipped cream and sour cream (without thickener) fromage frais, mozzarella natural yoghurt cottage cheese (unseasoned) mild (not matured) cheese like Gouda, Buttercheese self-made rice pudding and pudding alternative: soy milk, soy yoghurt (natural) 	<u>all</u> others, e.g.: <ul style="list-style-type: none"> herb cheese, soft cheese, sour milk cheese, mold cheese, long matured cheese curd cheese with herbs (convenience), mascarpone fruit yoghurt or fruity fromage frais „light“-products Convenience: pudding and rice pudding
meat and sausages	<ul style="list-style-type: none"> fresh or deep-frozen meat fresh ground meat (unseasoned) self-made roast beef self-made cold meat self-made meat balls alternative: tofu 	<u>all</u> convenience products, e.g.; <ul style="list-style-type: none"> sausage, wiener seasoned products like shashlik cured, smoked meat like ham pastry, terrine, meat in aspic, meat salad
eggs	-	<ul style="list-style-type: none"> eggs and various egg products
fish, shellfish	-	<ul style="list-style-type: none"> all kinds of fish and shellfish
fats and oils	<ul style="list-style-type: none"> butter, plant oils (cold pressed) 	<ul style="list-style-type: none"> all others (e.g. margarine, half-fat margarine), nut oils
beverages	<ul style="list-style-type: none"> mineral water black and green tee (without aroma) 	<u>All</u> other beverages for example fruit juices, lemonade, beer, „light“-drinks, “zero“-drinks, coffee, herbal teas and alcoholics
sweets	no sweets except: <ul style="list-style-type: none"> self-made cakes and cookies sugar and honey 	<ul style="list-style-type: none"> <u>all</u> sweets (also low-energy sweets with sweetener and chewing gum) cacao, chocolate
herbs, spices	<ul style="list-style-type: none"> salt chives onions, green onions 	<ul style="list-style-type: none"> convenience products e.g. pizza, packet soup, packet sauce, relish, soy sauce, ketchup, mustard, horseradish, remoulade, dressings, delicatessen salad, tinned food mayonnaise, vinegar, spices, herbs, garlic

***Please be careful and read the list of ingredients thoroughly.**

The diet plan does not contain all low-pseudoallergen and histamine free foods, but includes the majority of them.