

单一/多种过敏

据报告，超过 160 种不同的食物会引起不良免疫应答¹。

9 种最常见的过敏原^{2,3,4}



贝类



花生



小麦



鸡蛋



大豆



鱼类



牛奶



树坚果



芝麻籽

82%
多种食物
过敏⁷

这些过敏原占有所有过敏反应的 90% 以上⁵

对于某些过敏原，包括花生、鸡蛋、大豆和牛奶，
在饮食中严格避免这些过敏原可能更难

过敏反应期间出现的症状⁶：

11% 头晕和/或意识丧失

45% 呼吸系统
(咳嗽、呼吸困难和喘鸣)

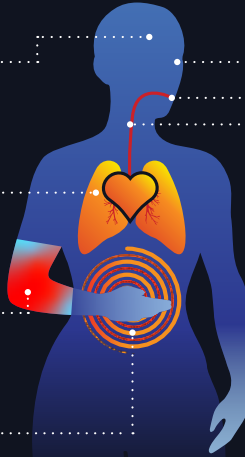
85% 皮肤
(刺激、瘙痒、荨麻疹和皮疹)

57% 消化道
(腹痛、腹泻、呕吐)

51% 鼻/眼
(鼻炎、打喷嚏和眼睛发
痒或肿胀)

口腔粘膜肿胀 54%
(嘴唇、舌头或喉咙肿胀)

口腔粘膜瘙痒 59%
(嘴唇、舌头或喉咙发痒和刺痛)



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