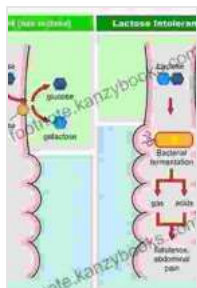


# Unveiling Food Intolerances: A Comprehensive Guide to Fructose, Lactose, and Histamine Intolerance



## Food Intolerances: Fructose Malabsorption, Lactose and Histamine Intolerance by Gary Dudney

★ ★ ★ ★ ☆ 4.1 out of 5

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Food intolerances are common conditions that can cause a range of uncomfortable symptoms, including digestive distress, bloating, gas, and headaches. While they are not as severe as food allergies, food intolerances can still impact your quality of life and make it challenging to enjoy meals.

Three of the most common food intolerances are fructose malabsorption, lactose intolerance, and histamine intolerance. Fructose is a type of sugar found in fruits, honey, and some processed foods. Lactose is the sugar found in milk and dairy products. Histamine is a compound that is produced by the body in response to injury or infection.

If you suspect you may have a food intolerance, it is important to see a registered dietitian or other healthcare professional to get a diagnosis. They can perform tests to determine whether you have an intolerance and provide you with guidance on managing your condition.

## **Symptoms of Food Intolerances**

The symptoms of food intolerances can vary depending on the type of intolerance you have. However, some common symptoms include:

- Digestive distress, such as bloating, gas, and diarrhea
- Headaches
- Fatigue
- Skin rashes
- Mood swings

If you experience any of these symptoms after eating a particular food, it is important to pay attention to your body's reactions and consider whether you may have a food intolerance.

## **Fructose Malabsorption**

Fructose malabsorption is a condition in which the body is unable to properly absorb fructose. This can lead to a range of symptoms, including:

- Bloating
- Gas
- Diarrhea

- Abdominal pain
- Headaches

Fructose malabsorption can be diagnosed with a hydrogen breath test. Treatment typically involves following a low-fructose diet.

## **Lactose Intolerance**

Lactose intolerance is a condition in which the body is unable to properly digest lactose. This can lead to a range of symptoms, including:

- Bloating
- Gas
- Diarrhea
- Abdominal pain
- Nausea
- Vomiting

Lactose intolerance can be diagnosed with a lactose tolerance test. Treatment typically involves avoiding or limiting lactose intake.

## **Histamine Intolerance**

Histamine intolerance is a condition in which the body reacts to histamine, a compound that is produced by the body in response to injury or infection. This can lead to a range of symptoms, including:

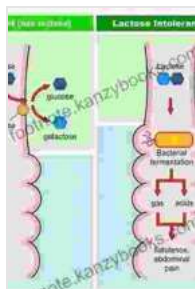
- Headaches

- Fatigue
- Skin rashes
- Mood swings
- Digestive problems
- Respiratory problems

Histamine intolerance can be diagnosed with a blood test or a skin prick test. Treatment typically involves avoiding or limiting histamine intake.

## Managing Food Intolerances

Managing food intolerances can



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