

# FOOD INTOLERANCE TEST

Know the food items which do not suit your body



## HEALTH CULTURE

Good Health. Good Life

### Do You Frequently Suffer From Health Issues Like



Bloating



Fatigue



Constipation



Skin Problems



Weight Issues



Headache



Well, it could be due to eating the wrong food that your body has difficulty in digesting.

### What Is Food Intolerance?

Food Intolerance means either the body cannot properly digest the food that is eaten, or that a particular food might irritate the digestive system.

Food Intolerance happens when your body lacks the enzyme which are used for digestion.



### What If The Food Intolerance Test Is Positive?

If the test is positive for any particular food item, it means that the person is intolerant towards it and consumption of it could lead to digestive disorders like bloating, constipation, headache, or any other disorder.

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# WHAT'S THE DIFFERENCE BETWEEN FOOD INTOLERANCE AND FOOD ALLERGY ?



- Food Allergy is different from Food Intolerance. Food Allergy involves an immune system response, while Food Intolerance causes difficulty in digestion.
- Food Allergy can give rise to grave symptoms like swelling and rashes, while Food Intolerance leads to digestive disorders.
- Food Allergy symptoms appear immediately, while Food Intolerance symptoms appear after 2-3 hours post consumption of food.



## What Foods Are Tested?



Cereals	Oats, Wheat, Rice, Corn, Semolina (Rawa), Barley, Gluten, Tur Dal, Chana Dal, Moong Dal
Nuts & Beans	Almond, Cashew, Cocoa Powder, Peanuts, Legume Mix (pea, lentil, haricot), Soya Bean, Walnuts
Meat	Beef, Chicken, Pork, Lamb
Fish	King Fish (Surmai), Mackerel (Bangda), Prawn (Jhinga, Chingri), Crab
Vegetables	Carrot Family Mix, Bell Peppers, (red, green, yellow), Potato, Tomato, Onion, Brinjal
Fruits	Apple, Black Raisin, Grapefruit, Banana, Olive, Orange, Lemon, Strawberry
Others	Egg (whole), Cows Milk, Garlic, Ginger, Mushroom, Tea, Yeast, Rye, Flax seeds, Mustard Family Mix



59 common food items tested

Express results in less than 30 mins

