

# Reaction To Foods and Their Timing

Below is a table adapted from *Basics of Food Allergies*, by Dr. James Breneman, which correlates allergic reactions with common offenders. Included is the frequency of the time interval between when the food is eaten and when the symptoms begin to appear. One can see that some reactions such as heartburn may occur very shortly after eating a particular food offender and other reactions may not present for days. These reactions can be very difficult to assess and often go incorrectly diagnosed. Unless there is some suspicion and some type of thorough evaluation, such reactions can be ascribed to many things other than the real cause.

NOTE: The number of \*'s displayed across from each of the pathologies represents the frequency with which the symptoms may appear after eating that food. Again, this can be very variable in individuals and this table should be used as a guide.

Symptom or Pathological Condition	Minutes		Hours									Common Causes <sup>1</sup>	
	30	60	2	3	6	12	24	36	48	72	96		
Heartburn	***	****	***	***	*								Coffee, wine, tomato sauce, citrus, beer, banana, apple
Rhinorrhea	*	****	***	**	**	*							Milk, cheese wheat, corn, MSG, wine, beer, chocolate
Abdominal Cramps	**	***	***	***	****	***	*						Milk, cheese, gluten, nuts, apples, coffee, pork
Headaches	*	**	***	****	***	**							Coffee, cola, chocolate, nuts, MSG, foods containing tyramin, sucrose, simple sugars
Fatigue	***	**	*	**	***	****	****						Simple sugars, milk, cheese, chocolate, wheat
Gallbladder	*	***	****	***	***								Egg, milk, onion, chicken, beef
Colic													Pork
Urticaria	*	***	*										Fish, shrimp, egg, peanut, chocolate
Delayed Urticaria					***	****	****						Egg, soy, corn
Migraine		**	*		***	****	***						Chocolate, coffee, soy, corn, egg, wheat
Enuresis				*	***	**	*						Simple sugars, soda, milk, corn, egg, wheat
Edema					*	**	****	**	*				Milk, dairy
Seizures					*	**	****	**	*				
Diarrhea	*	**	**	**	**	***	****	***					Chocolate, eggs, dairy, wheat
Mental Confusion	*	**			*	**	****	**	*				
Skeletal Cramps						*	**	***	***	****	*		
Apthous Ulcers						*	**	***	***	****	***		Gluten, citrus, sugars, apples, chocolate
Joint Pains						*	**	***	****	*			Wheat, coffee, meat, and many other foods
Gout					*	*	**	***	***	***			Meat

<sup>1</sup> The foods listed across from the symptom or pathological condition are some of the more common causes of them. Certainly they are not the only foods or substances that can trigger such reactions as many environmental pollutants or toxic exposures can also trigger the same symptoms.