

adverse reactions

an unexpected response or effect as a result of consuming a substance

allergen

a protein that the body identifies as foreign, promoting an immune system response

amines

a group of chemicals produced when protein foods are aged, fermented or start to break down

antibodies

proteins that circulate in the blood to combat bacteria, viruses and other toxins

coeliac disease

an allergy to gluten

elimination diet

a specific food pattern that is used to determine food intolerances; it contains a narrow selection of foods that are unlikely to cause reactions, with challenges then introduced one by one

food allergy

an immune reaction to a protein in food that the body identifies as foreign

food challenge

after following an elimination diet, the reintroduction into the diet of substances suspected of causing a food allergy or intolerance

food intolerance

a personal response to a specific chemical or group of chemicals found in food, such as salicylates, amines or glutamates; the response may be similar to that of a food allergy but does not involve the immune system

Food Standards Code

sets out conditions that must be met before food is sold

functional foods	foods that surpass the basic nutrients found in foods that have proven health benefits
glutamates	chemicals involving the amino acid glutamate, found naturally in all plants and animals; gives foods a savoury flavour
gluten	a type of protein found in grains that will stretch and form the structure of a flour product
lactose intolerance	a condition that results when an individual has some degree of difficulty in digesting lactose
line extensions	relatively minor changes to a company's existing products by incorporation of such features as new flavours, packaging and serving sizes

milk allergy

an adverse response by the immune system to milk protein in the diet

salicylates

a group of chemicals found in all plant foods, particularly fruit and fruit juices, herbs, spices, nuts and many beverages