Independent Study Title	A study on Correlation of Food Intolerance Test and Common Symptoms and the Incidence of Various Kinds of Food Causing food Allergy Among Population in Greater Bangkok
Author	Natana Kimsavet
Degree	Master of Science (Anti-Aging and Regenerative Science)
Advisor	Dr. Karnt Wongsuphasawat

ABSTRACT

Background: Food is necessary for daily life. Most of people are allergic to limited kinds of foods, which is an immediate-onset reaction. That they can perceived such allergies and avoid those specific foods. Nowadays, many researches reported delayed-onset food allergy that significantly associated with common symptoms. Due to the delayed reactions, therefore, it is hard to identify associations between specific kinds of food and combinations of symptoms, which consequence in non-specific treatments. Hence, this research is aimed to find the incidence of hidden food allergy/food intolerance among population in greater Bangkok, and also associations between hidden food allergy/food intolerance with combinations of symptoms. Besides, we aimed to identify common hidden food allergies, which can be the guidance for protection and treatment.

Objective: Identifying the most common 20 allergic food in Thai people living in greater Bangkok, to understand and confirm the cause and effect of delayed-onset food allergies to protect chronic syndrome in the future, to evaluate correlation among common allergic foods with symptoms, and to be used as a basic information for evaluate correlation between common allergic foods symptoms before developing to chronic syndrome.

Method: A retrospective study from 224 male and female patients who had normal meals in daily life with IgG antibody levels tested.

Result: The top 20 delayed-onset of food allergy were egg white, cow's milk, yeast (baker's), casein, bean (red kidney), cola nut, goat milk, yeast (brewer's),wheat, sheep milk, corn (maize), soya bean, pea, amaranth, agar agar, alga (wakame), pine nut, peppercorns (b/w), gliadin, and cocoa bean. With limitations of data, the results of

correlation analysis between food allergies and allergic symptoms mainly showed negative associations without significances. Some had significantly positive associations but some had significantly negative associations.

Conclusion: Significantly positive association between goat milk allergy with bloating after meal, wheat allergy with foul smell gas and acne vulgaris around mouth and chin, and amaranth allergy with dry skin were observed.

Keywords: Food Allergy/Food Intolerance/IgE-mediated/Non IgE-mediated