

THE 10 MOST COMMON FOOD COMPONENTS THAT CAUSE FOOD SENSITIVITY IN GREEK PEOPLE SEEKING HELP FOR GASTRO-INTESTINAL SYMPTOMS (GIS) AND WEIGHT CONTROL (WC)

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INTRODUCTION: A lot of people that suffer from GIS and need help for better WC do the Food Sensitivities Analysis. This study presents the results of the Greek population. METHODS: The results include data from 422 people that attended our clinic for from the 2nd November 2007 to 23rd March 2009. The analysis was performed on ASYRA AT3. RESULTS: The mean age of the population was 40.3 years (range: 9-83). The age stratification was 0-18 years (3.32%), 19-35 (49.52%), 36-55 (33.89%), 56-75 (12.80%) and >76 (0.47%). The food components most commonly associated with food sensitivities were flour (56,40%), soy (55%), wheat (52,10%), egg (34,80%), animal milk (32%), salt (31%), sugar (28,40%), chocolate (26,30%), sunflower oil (15,40%) and yeast (13,50%). CONCLUSION: Persons asking for help for GIS and WC often suffer from food sensitivities and some components are seen very often.