Table 2

Clinical signs of food allergy

System	IgE-mediated	Non IgE-mediated
Skin	Pruritus Erythema Acute urticaria Acute angioedema	Pruritus Erythema Atopic eczema
Gastrointestinal	Oral pruritus/swelling Nausea/vomiting Colicky abdominal pain	Gastro-oesophageal reflux Diarrhoea/loose stools Blood +/- mucus in stools
Respiratory	Sneezing Itchy nose Rhinorrhoea Wheeze Cough	Abdominal pain Infantile colic Constipation Perianal erythema Faltering growth Food aversion/refusal

Adapted from NICE CG116: Food allergy in children and young people