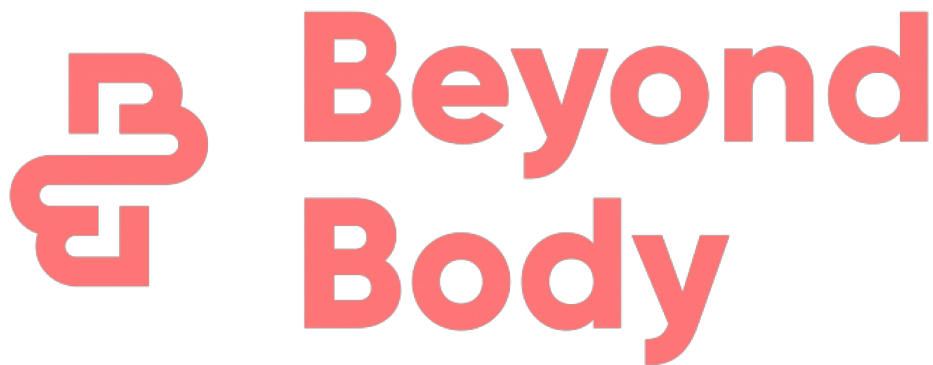


New Global Data Analysis Involving 8 Countries Reveals Most People aren't Aware of their Food Allergies



New York, New York City, Jun 24, 2021 ([Issuewire.com](https://www.issuewire.com)) - A new dietary and allergy analysis involving the USA, Canada, UK, Germany, Spain, France, Australia, and Italy suggests most consumers aren't aware of their food allergies, and as a result, continue to inflame their immune system by eating these foods.

The data involved close to 2 million people, and included 1.2 million Americans, 287,154 French, 84,414 Britons, 67,819 Australians, 53,287 Germans, 40,865 Spanish, 88,459 Italians and 92,567 Canadians.

The health data was compiled by the new book, [Beyond Body](#), which integrates health analytics into a personalized wellness plan based on the reader's health and allergies. The analytics are derived from 28 personalized [questions](#) readers answer for the book's research. Beyond Body is the first hardcover book to integrate health analytics into the content.

DATA FINDINGS

The data analysis found Italy and Canada had the highest rates of food allergies with 45 and 42 percent respectively, while France and Spain had the lowest rates - 26 and 28 respectively.

Canada, Italy, and Australia had the highest rate of lactose intolerance or cow's milk allergy - double the rate of France, which is known for its love of cheese.

Britons have nearly twice the rate of nut allergies as Americans, Australians, and the French. 25 percent of people in Canada, Italy, and Australia said they were allergic to cow's milk or lactose intolerant, while 24 percent of Americans said this described them.

[Lactose intolerance](#) is a condition that prevents people from properly digesting lactose in dairy. It can lead to symptoms that include: Stomach pain, abdominal cramps, bloating, diarrhea, constipation, flatulence, nausea, and vomiting.

Lactose intolerance is frequently confused for dairy or milk cow allergies, but they are different conditions. Cow's milk allergy is an immune reaction to the protein found in milk, while lactose intolerance is caused by the body's inability to break down lactose - the sugar in milk.

MOST AND LEAST FAVORITE VEGETABLES

The data analysis also looked at the favorite vegetables across these countries. As expected, tastes varied by region but the potato was the most popular vegetable listed by people in the United Kingdom, USA, France, Spain, and Germany, even though the potato doesn't count as a vegetable towards the [5 A Day](#). The cucumber was the most popular vegetable for Canadians, while the zucchini was the most popular in Italy. Australia loved carrots the most.

Alternatively, tomatoes, zucchini, and cucumbers are the least popular vegetables in the United States. Zucchini, tomatoes, and green beans were the most disliked in the UK and Australia. The French didn't like broccoli, cucumber, and carrots, according to the data.

CONCLUSION

Nutritionist and author, Christine Zalnieraite, says the data suggests there is a large number of people across the globe who are not aware of their food allergies, and as a result, might be inflaming their health conditions.

"This data suggests there are a lot more people suffering from lactose intolerance but they don't realize it," said Zalnieraite. "[The National Institutes of Health says roughly 36 percent of Americans](#) have dairy allergies, so if only 24 percent of Americans say they experience it, this suggests many people suffering from these food allergies aren't doing anything to treat it."

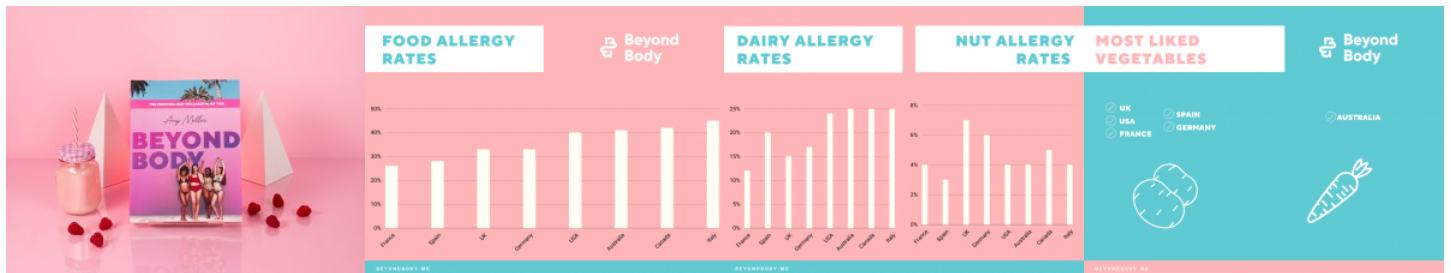
Zalnieraite, who helped write Beyond Body, says people can manage their food allergies by following a personalized nutrition and fitness regimen based on their health conditions.

"There is no one-size-fits-all guidebook to wellness, and each body works differently," said Zalnieraite. "Our analytics are very detailed, allowing us to create meal plans around allergies, intolerances, and even food preferences, making it easier for people to follow a personalized health regimen."

About Beyond Body

[Beyond Body](#) takes analytics from a reader's profile and creates a customized wellness plan for their overall health and desired body needs and body goals. It's the first hardcover book to integrate analytics into a customized wellness plan based on the reader's physical and mental health as well as their current conditions and health history.

Beyond Body creates meal plans and recipes based on the personal analytics that are discovered during each reader's assessment. For readers who are lactose intolerant or have food allergies, it includes recipes and meal plans designed around their allergies.



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