

## 食物過敏測試（即時及延遲反應\*） HK\$5,200

（包括註冊營養師諮詢兩次）

可賺取亞洲萬里通里數（CS Code: EH34）



食物過敏指免疫系統將個別食品（例如雞蛋和堅果）誤認為有害，因而引致即時、嚴重或甚至造成生命危險的徵狀（例如嚴重花生過敏症），或導致其他慢性徵狀（例如麩質過敏症，又稱乳糜瀉）。

年幼兒童出現食物過敏的病例比成年人多。在未有尋求專業醫護人員意見前，兒童食物過敏患者不應完全避免進食任何食物類別，否則可

能會導致身體缺乏某些必需的營養素。患者可諮詢註冊營養師，找出日常飲食中構成敏感的食物，然後以其他食物替代，確保身體能吸收足夠的主要營養。營養師還會指導患者在選購食物時應查看的標籤項目，以及外出用膳時的注意事項。

### 食物過敏測試 (IgG, IgE)

#### 亞洲區食物

乳製品類: 酪蛋白、車打芝士、水牛芝士、牛奶、羊奶、乳清蛋白、乳酪

海鮮類: 鮑魚、蜆、鱈魚、蟹、墨魚、大比目魚、龍蝦、蠔、紅鯛、三文魚、帶子/扇背、盲鱧、鱸魚、蝦、蝶魚、吞拿魚

肉類/家畜類: 牛肉、雞肉、鴨肉、雞蛋、鴨蛋、鵝肉、羊肉、豬肉

蔬菜類: 牛油果、豆芽菜、甜菜、苦瓜、西蘭花、椰菜、紅蘿蔔、椰菜花、芹菜、青瓜、茄子、大蒜、韭菜、生菜、蘑菇、洋蔥、青椒、蕃薯、馬鈴薯、白蘿蔔、菠菜、意大利青瓜、蕃茄、絲瓜、通菜

生果類: 蘋果、哈密瓜(黃色)、櫻桃、椰子、葡萄、西柚、番石榴、蜜瓜(綠色)、奇異果、檸檬、芒果、橙、木瓜、菠蘿、西瓜

豆類/堅果類/穀類: 杏仁、紅腰豆、利馬豆、紅豆、大豆、四季豆/豆角、腰果、粟米、麥醇溶蛋白、小麥麩質、薏仁、綠豆、燕麥、豌豆/蜜糖豆、花生、開心果、糙米、白米、芝麻、葵瓜子、核桃

調味料: 咖喱粉、薑、黃芥末、黑椒、辣椒

其他: 咖啡豆、蜂蜜、烏龍茶、麵包酵母、啤酒酵母

\*即時反應是指過敏反應在數分鐘內出現，反應時間較短而症狀顯著；延遲反應是指過敏反應在數小時至數天內出現，症狀較持久及不明顯

服務地點：

九龍尖沙咀漢口道28號亞太中心6樓601-605室 (2723 1183) |

香港中環遮打道10號太子大廈5樓501-507室 (2523 8166)

## Food Allergy Test (Immediate + delayed\*) HK\$5,200

(includes 2 sessions of Dietitian Consultation)

For earning Asia Miles (CS Code: EH34)



If you have food allergies, your immune system mistakes particular foods, such as eggs or nuts, as harmful, resulting in either immediate, severe and even life-threatening symptoms (as in severe peanut allergy), or other chronic symptoms (as in gluten allergy, which is also known as coeliac disease).

Food allergies are more common in young children than in adults. It is particularly important for children not to cut out on any food groups without seeking medical advice, as that could put you under the risk of missing out essential nutrients. A registered dietitian can help you identify and remove a suspect food from your diet and replace it with alternatives to make sure you do not miss out any essential nutrients. Your dietitian can also explain what you need to look for on food labels and when you eat out.

### Food Allergy (112 IgG, 102 IgE)

#### Asian Food

Dairy : Casein, Cheddar Cheese, Mozzarella Cheese, Milk, Goat Milk, Whey , Yogurt

Seafood : Abalone, Clam , Codfish , Crab, Cuttlefish , Halibut, Lobster, Oyster, Red Snapper, Salmon, Scallop, Sea Bass, Sea Perch , Shrimp , Sole, Tuna

Meat/ Fowl : Beef , Chicken, Duck, Egg Whole, Chicken, Egg Whole, Duck , Goose , Lamb, Pork

Vegetables : Avocado, Bean Sprout, Beet, Bitter Gourd, Broccoli, Cabbage, Carrot, Cauliflower, Celery, Cucumber, Eggplant, Garlic, Leeks, Lettuce, Mushroom, Onion, Pepper (Green Bell), Sweet Potato , White Potato, Radish, Spinach, Squash Zucchini, Tomato, Vegetable Sponge , Water Spinach

Fruit : Apple, Cantaloupe, Cherry, Coconut, Grape, Grapefruit, Guava, Honeydew, Kiwi, Lemon, Mango, Orange, Papaya, Pineapple, Watermelon

Legumes/ Nuts / Grains : Almond, Kidney Bean, Lima Bean, Red Bean, Soy Bean, String Bean, Cashew Nut, Corn, Gliadin Wheat, Wheat Gluten, Job's Tears, Mung Bean, Oat, Green Pea, Peanut, Pistachio, Brown Rice, White Rice, Sesame Seed, Sunflower Seed English Walnut

Spices: Curry Powder, Ginger, Mustard, Black Pepper, Cayenne Pepper

Misc : Coffee Bean, Bee Honey, Woo-long Tea , Baker's Yeast, Brewer's Yeast

\*Immediate response: the reaction arises within a few minutes, the reaction time is short and symptoms are dramatic; Delayed response: the reaction takes hours or days to show up , the reaction time is long-lasting and symptoms are subtle

Service Location: Room 601-605, 6/F, Hong Kong Pacific Centre, 28 Hankow Road, Tsim Sha Tsui, Kowloon (2723 1183)| Room 501-507, 5/F, Prince's Building, 10 Chater Road, Central, Hong Kong (2523 8166)