Figure. Diagnosis and Management of Food Allergy

Patient with adverse reaction to food

Relevant clinical history; physical examination including cutaneous, respiratory, and gastrointestinal systems

History consistent with IgE-mediated food reaction

Yes

Food-specific IgE Testing

Negative

Tested foods likely to be tolerated; consider open challenge

Positive with history of anaphylaxis

Avoidance of problem food

Symptoms resolve

Oral Challenge

Positive

Avoidance of problem food

Symptoms persist

Trial Elimination Diet

Negative

Tested foods likely to be tolerated

Episodic symptoms

Probable food allergy; consider oral challenge

Positive with history of anaphylaxis

Further evaluation for non-IgE-mediated immunologic or nonimmunologic reactions

Positive without history of anaphylaxis

No

Symptoms persist

Chronic symptoms

Symptoms resolve

Periodic reassessment if clinically indicated

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