For autism, food sensitivities and intolerances can play a role in exacerbating symptoms like irritability, focus issues, gastrointestinal discomfort, and behavioral changes.

In the **Food Intolerance Test**, the following markers and food groups can provide insights into how foods may negatively impact a child with autism:

1. IgG, IgA, and IgM Antibodies

- **What to look for**: Elevated IgG, IgA, or IgM antibodies to certain foods can indicate a food intolerance or sensitivity, which may worsen symptoms of autism, such as **behavioral issues**, **aggression**, **mood swings**, and **digestive distress**.
- **Foods to look out for**:
    - **Dairy (e.g., casein, whey)**: Many individuals with autism are sensitive to dairy, which may lead to **digestive issues** (constipation, diarrhea) or **behavioral changes** like irritability.
    - **Gluten**: Gluten intolerance can exacerbate **gastrointestinal symptoms** (like bloating, constipation, and diarrhea) and **behavioral issues**.
    - **Eggs**: Eggs may be problematic for some children with autism and cause **inflammation**, particularly if there's a sensitivity to egg whites.
    - **Nuts (e.g., peanuts, almonds)**: Nut allergies or sensitivities may cause **irritability** and **inflammation**.
    - **Soy**: Soy can be an issue due to its hormonal effects or because it may cause **digestive discomfort** or exacerbate **behavioral issues**.
    - **Food Additives**: Artificial additives and preservatives, such as **food colorings** or **MSG**, may have a negative impact on

children with autism, leading to **hyperactivity**, **aggression**, and **focus issues**.

2. Histamine Intolerance

- **What to look for**: Elevated histamine levels can indicate an intolerance that might contribute to symptoms like **anxiety**, **irritability**, **hyperactivity**, or **sleep disturbances** in children with autism.
- **Foods to look out for**:
    - **Fermented foods**: These include **cheese**, **wine**, **vinegar**, and **pickled foods**. They are high in histamine and can trigger **anxiety** or **mood swings**.
    - **Citrus fruits**: High in histamines, citrus like **oranges** and **lemons** can cause **digestive issues** and **irritability**.
    - **Tomatoes and spinach**: Both are histamine liberators and may worsen symptoms like **hyperactivity**.

3. Celiac-Specific Markers (e.g., tTG IgA)

- **What to look for**: Elevated tTG IgA antibodies indicate a **gluten sensitivity** or **Celiac disease**, which can negatively affect **behavioral and cognitive functioning**, leading to **irritability** and **regression** in children with autism.
- **Foods to look out for**:
    - **Gluten-containing foods**: This includes **wheat**, **barley**, **rye**, and processed foods with hidden gluten. Gluten sensitivity may cause **gut inflammation**, leading to **behavioral changes**, **increased hyperactivity**, and **digestive issues**.

4. Leaky Gut (Zonulin and Gut Permeability)

- **What to look for**: Elevated **zonulin** levels can indicate **intestinal permeability** (leaky gut), which is common in children with autism and can make them more susceptible to food sensitivities and inflammation. This can worsen **cognitive function**, **behavioral issues**, and **mood disorders**.
- **Foods to look out for**:
    - **Gluten**: A known trigger for leaky gut in individuals with autism, it may lead to increased **intestinal permeability** and exacerbate **autistic behaviors**.
    - **Dairy**: Casein (in milk) can increase gut inflammation and **intestinal permeability**, which can worsen **behavioral problems** and **gastrointestinal symptoms**.
    - **Processed foods and sugars**: Highly processed foods and sugars can contribute to **inflammation** and **microbial imbalances** in the gut, which may worsen **cognitive and emotional regulation**.

5. Food-Specific Enzyme Deficiencies

- **What to look for**: Deficiencies in enzymes like **lactase** (for lactose digestion) or **glutaminase** (for gluten) may cause digestive disturbances, which can indirectly affect mood and behavior in children with autism.
- **Foods to look out for**:
    - **Dairy**: If lactose intolerant, consuming dairy can lead to **digestive discomfort** like **bloating**, **gas**, and **diarrhea**, which can increase irritability and mood swings.

- **Gluten**: If the child has a gluten intolerance or insufficient digestive enzymes, it can worsen **intestinal discomfort** and affect **mood regulation**.

6. Cytokine Response (Inflammation Markers)

- **What to look for**: Elevated levels of **pro-inflammatory cytokines** suggest that food-induced inflammation may be contributing to behavioral issues or cognitive dysfunction in children with autism.
- **Foods to look out for**:
  - **Processed meats**: These are often linked to higher inflammation markers and could contribute to **aggressive behaviors** or **hyperactivity**.
  - **Fried foods and trans fats**: These can increase inflammation and may affect brain health, leading to **emotional dysregulation**.
  - **Refined sugars and carbohydrates**: High-glycemic foods can cause **blood sugar spikes**, leading to **mood swings** and **hyperactivity**.

Conclusion:

For children with autism, common food sensitivities and intolerances that can negatively impact their symptoms include **gluten**, **dairy**, **eggs**, **processed foods**, and **high-histamine foods**. These foods can contribute to **digestive discomfort**, **gut inflammation**, **hyperactivity**, and **behavioral changes**. It is crucial to monitor food reactions through testing and consider eliminating or reducing these foods to help improve overall health and potentially reduce autistic symptoms.