

## CLINICAL SPECIFICATIONS

### RYE

**Antigen Made From:**

Whole Rye kernel

**Associated With:**

Allergy<sup>1</sup>  
 Baker's asthma<sup>1,2</sup>  
 Celiac disease<sup>3,4</sup>  
 Chronic fatigue syndrome<sup>4</sup>  
 Fibromyalgia<sup>4</sup>  
 Gluten sensitivity<sup>3,4</sup>  
 Irritable bowel syndrome<sup>4</sup>

**Known Cross-Reactions:** Sesame seed,<sup>5</sup>  $\omega$ -gliadin,<sup>6,7</sup> Wheat, Barley, Soya flours,<sup>1</sup> Triiodothyronine (T3)<sup>8</sup>

**Clinical Significance:**

The presence of antibodies to Rye is an indication of food immune reactivity. The offending food and its known cross-reactive foods should be eliminated from the diet. The antigenic properties of Rye produce inflammatory injury in the absorptive surface of the small intestine.<sup>3,4</sup> Thus, it is associated with gastrointestinal disorders. Special consideration for patients who work in the baking industry must be taken, as flour hypersensitivity and baker's asthma associated with Rye have been reported.<sup>1,2</sup> Due to the cross-reactive nature of Rye and  $\omega$ -gliadin, patients who test positive should be educated on exercise-induced anaphylaxis triggered by  $\omega$ -gliadin.<sup>6,7</sup>

**References:**

1. Sandiford et al. Identification of crossreacting wheat, rye, barley and soya flour allergens using sera from individuals with wheat-induced asthma. Clin Exp Allergy, 1995; 25(4):340-349.
2. García-Casado et al. A major baker's asthma allergen from rye flour is considerably more active than its barley counterpart. FEBS Lett, 1995; 364:36-40.
3. Ciclitiera and Ellis. Relation of antigenic structure of cereal proteins to their toxicity in coeliac patients. Brit J Nutr, 1985; 53:39-45.
4. Weber et al. Emerging analytical methods to determine gluten markers in processed foods – method development in support of standard setting. Anal Bioanal Chem, 2009; 395:111-117.
5. Vocks et al. Common allergenic structures in hazelnut, rye grain, sesame seeds, kiwi, and poppy seeds. Allergy, 1993; 48(3):168-172.
6. Palosuo et al. Rye  $\gamma$ -70 and  $\gamma$ -35 secalins and barley  $\gamma$ -3 hordein cross-react with  $\omega$ -5 gliadin, a major allergen in wheat-dependent, exercise-induced anaphylaxis. Clin Exp Allergy, 2001; 31:466-473.
7. Snégarogg et al. Study of IgE antigenic relationships in hypersensitivity to hydrolyzed wheat proteins and wheat-dependent exercise-induced anaphylaxis. Int Arch Allergy Immunol, 2006; 139:201-208.
8. Kharrazian, et al. Immunological reactivity using monoclonal and polyclonal antibodies of autoimmune thyroid target sites with dietary proteins. J Thyroid Res, 2017; 2017:4354723.

## CLINICAL SPECIFICATIONS

### BARLEY

**Antigen Made From:**

Whole Barley kernel

**Associated With:**

 Allergy<sup>1,2</sup>  
 Baker's asthma<sup>1,2,3</sup>  
 Celiac disease<sup>4,5</sup>  
 Chronic fatigue syndrome<sup>5</sup>  
 Fibromyalgia<sup>5</sup>  
 Gluten reactivity<sup>4,5</sup>  
 Irritable bowel syndrome<sup>5</sup>
**Known Cross-Reactions:** ω-gliadin;<sup>1,6,7</sup> Wheat, Rye, Soya flours;<sup>1</sup> Triiodothyronine (T3)<sup>8</sup>
**Clinical Significance:**

The presence of antibodies to Barley is an indication of food immune reactivity. The offending food and its known cross-reactive foods should be eliminated from the diet. The antigenic properties of Barley produce inflammatory injury in the absorptive surface of the small intestine.<sup>4,5</sup> Thus, it is associated with gastrointestinal disorders. Special consideration for patients who work in the baking industry must be taken, as flour hypersensitivity and baker's asthma associated with Barley have been reported.<sup>1,2,3</sup> Due to the cross-reactive nature of Barley and ω-gliadin, patients who test positive should be educated on exercise-induced anaphylaxis triggered by ω-gliadin.<sup>1,6</sup>

**References:**

1. Sandiford et al. Identification of crossreacting wheat, rye, barley and soya flour allergens using sera from individuals with wheat-induced asthma. Clin Exp Allergy, 1995; 25(4):340-349.
2. Savolainen. Flour protein antigens in occupational flour hypersensitivity. Occup Med, 1997; 47(6):341-343.
3. García-Casado et al. A major baker's asthma allergen from rye flour is considerably more active than its barley counterpart. FEBS Lett, 1995; 364:36-40.
4. Ciclitiera and Ellis. Relation of antigenic structure of cereal proteins to their toxicity in coeliac patients. Brit J Nutr, 1985; 53:39-45.
5. Weber et al. Emerging analytical methods to determine gluten markers in processed foods – method development in support of standard setting. Anal Bioanal Chem, 2009; 395:111-117.
6. Snégarogg et al. Study of IgE antigenic relationships in hypersensitivity to hydrolyzed wheat proteins and wheat-dependent exercise-induced anaphylaxis. Int Arch Allergy Immunol, 2006; 139:201-208.
7. Palosuo, et al. Rye gamma-70 and gamma-35 secalins and barley gamma-3 hordein cross-react with omega-5 gliadin, a major allergen in wheat-dependent, exercise-induced anaphylaxis. Clin Exp Allergy, 2014; 69:1316-1323.
8. Kharrazian, et al. Immunological reactivity using monoclonal and polyclonal antibodies of autoimmune thyroid target sites with dietary proteins. J Thyroid Res, 2017; 2017:4354723.

## CLINICAL SPECIFICATIONS

### SPELT

**Antigen Made From:**

Whole Spelt kernel

**Associated With:**

 Allergy<sup>1,2</sup>  
 Inflammatory bowel disease<sup>3</sup>  
 Intestinal lesions<sup>3</sup>
**Known Cross-Reactions:** Wheat, Barley, Rice, Maize (Corn), Peach;<sup>6</sup> Triiodothyronine (T3)<sup>7</sup>
**Clinical Significance:**

The presence of antibodies to Spelt is an indication of food immune reactivity. The offending food and its known cross-reactive foods should be eliminated from the diet. Although Spelt contains gluten proteins,<sup>4</sup> it is still recommended as a substitute grain for non-celiac gluten-sensitive or celiac patients.<sup>5</sup> Patients with inflammatory bowel disease, who present with intestinal lesions, exhibit elevated antibodies against Spelt.<sup>3</sup>

**References:**

1. Gall et al. Exercise-induced anaphylaxis to wheat flour allergy. *Allergy*, 2000; 55:1096-1097.
2. Pastorello et al. A lipid transfer protein involved in occupational sensitization to spelt. *J Allergy Clin Immunol*, 2001; 108(1):145-146.
3. Bartel et al. Ingested matter affects intestinal lesions in Crohn's disease. *Inflamm Bowel Dis*, 2008; 14:374-382.
4. Schober et al. Gluten proteins from spelt (*Triticum aestivum* ssp. *spelta*) cultivars: a rheological and size-exclusion high-performance liquid chromatography study. *J Cereal Sci*, 2006; 44:161-173.
5. Wüthrich. Unproven techniques in allergy diagnosis. *J Invest Allergol Clin Immunol*, 2005; 15(2):86-90.
6. Pastorello, et al. A lipid transfer protein involved in occupational sensitization to spelt. *J Allergy Clin Immunol*, 2001; 108(1):145-146.
7. Kharrazian, et al. Immunological reactivity using monoclonal and polyclonal antibodies of autoimmune thyroid target sites with dietary proteins. *J Thyroid Res*, 2017; 2017:4354723.

## CLINICAL SPECIFICATIONS

### POLISH WHEAT

**Antigen Made From:**

Whole Polish Wheat kernel

**Associated With:**

Allergy<sup>1,2,3</sup>  
 Autoimmune disorders<sup>1</sup>  
 Celiac disease<sup>1,3</sup>  
 Non-Celiac gluten sensitivity<sup>1,2,3</sup>

**Known Cross-Reactions:** Triiodothyronine (T3)<sup>4</sup>

**Clinical Significance:**

The presence of antibodies to Polish Wheat is an indication of food immune reactivity. The offending food and its known cross-reactive foods should be eliminated from the diet. Triiodothyronine (T3) is a known cross reaction to Polish Wheat. To date, no cross-reaction studies on Polish Wheat could be found, however, due to its close relationship to durum wheat, patients with antibodies against Polish Wheat should abstain from all wheat products.

**Note:** Polish Wheat is also known as Camel's Wheat, Egyptian Wheat, Khorasan wheat and Kamut®

**References:**

1. Kasarda. Grains in relation to celiac disease. Cereal Foods World, 2001; 46:209-210.
2. Simonato et al. Allergenic potential of Kamut® wheat. Allergy, 2002; 57:653-654.
3. Weber et al. Emerging analytical methods to determine gluten markers in processed foods – method development in support of standard setting. Anal Bioanal Chem, 2009; 395:111-117.
4. Kharrazian, et al. Immunological reactivity using monoclonal and polyclonal antibodies of autoimmune thyroid target sites with dietary proteins. J Thyroid Res, 2017; 2017:4354723.