

## Tekst 9

# I just can't eat that stuff

Many people are changing diets in a belief that they have a food intolerance. But, Roger Dobson asks, is the diagnosis the real problem?

1 **W**hen man first settled  
down and began to  
grow cereals 10,000  
or so years ago, it was a key  
5 moment in the beginnings of  
civilisation. It heralded the arrival  
of settlements, long-term planning,  
teamwork, and an all-year supply  
of food. But it gave birth to  
10 something else too. The wheat that  
they grew for the first time sowed  
the seeds for what some would say  
is one of the biggest epidemics the  
world has seen, food intolerance.

2 15 According to some estimates,  
one in five people, perhaps even  
half the population, suffer with  
some kind of intolerance to foods  
as diverse as cheese, coffee, bread,  
20 milk, and yeast as well as wheat.  
Food intolerance is linked to  
conditions as varied as irritable  
bowel syndrome, asthma, autism,  
eczema, arthritis, hyperactivity  
25 and chronic fatigue syndrome, and  
it has also spawned a huge  
industry, turning out alternative  
diets, supplements, and self-help  
books and videos.

3 30 But there is now growing  
scepticism about the scale of the  
food intolerance epidemic, and an  
increasing concern that people  
may be eating an unbalanced diet.  
35 A new study by the British  
Nutrition Foundation suggests that  
only one to two per cent of adults  
are food intolerant, and that  
although around five to eight per  
40 cent of children are affected too,



**Foods containing yeast or wheat can cause reactions in some people**

up to 90 per cent of them have  
outgrown the intolerance by the  
age of three. But others disagree,  
and say that the problem is  
45 underestimated: "Many people  
don't know the symptoms they  
have are caused by food, so the  
underestimate of food intolerance  
must be substantial," says  
50 Professor Jonathan Brostoff,  
professor of allergy and environ-  
mental health at King's College,  
London. "It is a very real problem.  
Patients come to the clinic who are  
55 really ill, with headaches, a fuzzy  
brain, irritable bowel, aching  
joints, and desperately tired. Put  
them on a diet and six to eight  
weeks later, they walk in, upright,  
60 pink cheeks, no longer with bags  
under the eyes."

4 Although there is little doubt  
that some people are intolerant to  
some foods, especially lactose and  
65 gluten, it is the apparent scale of  
the problem and the effects of the  
resulting dietary changes on long-  
term health that are causing  
concern. "It seems to have become  
70 the thing to do, to blame problems  
on food intolerance," says Claire  
MacEvilly, nutrition scientist with

the British Nutrition Foundation.  
"Reactions to food are blamed for  
75 weight gain, headaches, spots,  
rashes and general aches and  
pains. Our concern is that people  
are excluding food from their diet  
and not replacing it, and their diet  
80 is becoming unbalanced."

5 The foundation is dismissive  
of many of the diagnostic tests for  
food intolerance, some of which  
cost up to £250: "The vast  
85 majority of so-called methods of  
diagnosis advocated in magazines  
and via the internet are without  
scientific basis. At best the patient  
is likely just to have wasted  
90 money, at worst these tests can  
result in misdiagnosis and the  
unnecessary treatment of a disease  
that does not exist by the use of an  
inappropriate and potentially  
95 dangerous diet," it says.

6 But Professor Brostoff says  
that diet is a therapy that works. "I  
know that if I had multiple food  
intolerance, I'd go on a diet, clean  
100 myself out, and add one food back  
at a time. You are the only  
barometer of your own intoler-  
ance."

*'The Independent'*

## ■ Tekst 9 I just can't eat that stuff

- “But it gave birth to something else too.” (regels 9-10)
- 1p **33**  Leg uit wat er met “something else” bedoeld wordt.
- 1p **34** ■ Which of the following can be concluded from paragraph 2?
- A According to research, there are more food products that can cause intolerance than people realise.
  - B According to the writer, people with a food intolerance can easily diagnose and treat their condition themselves.
  - C A lot of people expect to make money by providing food intolerance cures.
  - D The number of people who are suffering from food intolerance is growing rapidly.
- 2p **35**  Geef voor elk van de onderstaande citaten aan of dit wel of niet in overeenstemming is met de opvattingen van de British Nutrition Foundation.  
Baseer je antwoord op de alinea's 3 en 4.
- 1 “there is ... intolerance epidemic” (regels 30-32)
  - 2 “people may ... unbalanced diet” (regels 33-34)
  - 3 “the underestimate ... be substantial” (regels 47-49)
  - 4 “there is ... some foods” (regels 62-64)
- Noteer het nummer van elk citaat, gevolgd door “wel” of “niet”.
- 1p **36** ■ Which of the following does Professor Brostoff say about food intolerance patients in paragraph 3?
- A They are seldom taken seriously by medical doctors.
  - B They mistake all kinds of illnesses for food allergies.
  - C They often do not realise what is at the root of their health problems.
  - D They often have to wait a long time before their problem is diagnosed.
- 1p **37** ■ How could paragraph 5 also begin?
- A Amazingly, the foundation...
  - B Ironically, the foundation...
  - C Not surprisingly, the foundation...
  - D To be fair, the foundation...
- “The foundation is dismissive of many of the diagnostic tests for food intolerance” (lines 81-83)
- 1p **38** ■ What is the foundation's main objection?
- A Most of these tests are very expensive.
  - B There are no research data to support the claims of these tests.
  - C The results of these tests may cause people to feel stressed.
  - D These tests are not suitable for amateur use.
- “You are the only barometer of your own intolerance.” (regels 101-103)
- 1p **39**  Leg uit wat Professor Brostoff hiermee bedoelt.
- 1p **40** ■ What is the point of view of the writer, Roger Dobson, on the subject of his article?
- A He agrees with the standpoint of the British Nutrition Foundation.
  - B He clearly sides with Professor Brostoff and his approach.
  - C He presents the information neutrally and does not take a stand.