## SORGHUM

### ANTIGEN FOUND IN:
Cereals, couscous, porridge, molasses, sweet syrup, Bhakri flat bread, soups, cakes

### ASSOCIATED WITH:
- Allergy
- Asthma

### KNOWN CROSS REACTIONS:
- Corn/maize
- Millet

### CLINICAL SIGNIFICANCE:

The presence of antibodies to sorghum is an indication of food sensitivity. The offending food and its known cross-reactive foods should be eliminated from the diet. Sorghum flour, although difficult to process, is becoming a popular alternative flour to use in gluten-free baking. A study on the effects of sorghum in Celiac patients showed that the flour was not antigenic.\(^2\) If a recently diagnosed, gluten-sensitive, or Celiac patient shows results with high levels of antibodies against sorghum, it is most likely due to the late introduction of the food to the patient’s diet, rather than a gluten-associated reaction.

### References: