

Advising Parents on Complementary Feeding and Food Allergy Prevention

- Du Toit G, Roberts G, Sayre PH, et al. Randomized trial of peanut consumption in infants at risk for peanut allergy. *N Engl J Med*. 2015;372(9):803-813. doi:10.1056/NEJMoa1414850
- Fewtrell M, Bronsky J, Campoy C, et al. Complementary feeding: a position paper by the European Society for Paediatric Gastroenterology, Hepatology, and Nutrition (ESPGHAN) Committee on Nutrition. *J Pediatr Gastroenterol Nutr*. 2017;64(1):119-132. doi:10.1097/MPG.0000000000001454
- Fleischer DM, Chan ES, Venter C, et al. A consensus approach to the primary prevention of food allergy through nutrition: guidance from the American Academy of Allergy, Asthma, and Immunology; American College of Allergy, Asthma, and Immunology; and the Canadian Society for Allergy and Clinical Immunology. *J Allergy Clin Immunol Pract*. 2021;9(1):22-43.e4. doi:10.1016/j.jaip.2020.11.002
- Graf MD, Lutenbacher M, Wasser H, Dietrich MS, Karp SM. Choking, allergic reactions, and pickiness: a qualitative study of maternal perceived threats and risk avoidance strategies during complementary feeding. *Appetite*. 2022;171:105914. doi:10.1016/j.appet.2022.105914
- Greer FR, Sicherer SH, Burks AW; American Academy of Pediatrics Committee on Nutrition; American Academy of Pediatrics Section on Allergy and Immunology. Effects of early nutritional interventions on the development of atopic disease in infants and children: the role of maternal dietary restriction, breastfeeding, timing of introduction of complementary foods, and hydrolyzed formulas. *Pediatrics*. 2008;121(1):183-191. doi:10.1542/peds.2007-3022
- Greer FR, Sicherer SH, Burks AW; Committee on Nutrition; Section on Allergy and Immunology. The effects of early nutritional interventions on the development of atopic disease in infants and children: the role of maternal dietary restriction, breastfeeding, hydrolyzed formulas, and timing of introduction of allergenic complementary foods. *Pediatrics*. 2019;143(4):e20190281. doi:10.1542/peds.2019-0281
- Gupta RS, Bilaver LA, Johnson JL, et al. Assessment of pediatrician awareness and implementation of the addendum guidelines for the prevention of peanut allergy in the United States. *JAMA Netw Open*. 2020;3(7):e2010511. doi:10.1001/jamanetworkopen.2020.10511
- Hagan JF, Shaw JS, Duncan PM, eds. *Bright Futures: Guidelines for Health Supervision of Infants, Children and Adolescents, 4th Edition*. American Academy of Pediatrics; 2022.
- Johnson SL, Gilley SP, Krebs NF. Making every bite count: best practices for introducing foods during the complementary feeding period. *Am J Clin Nutr*. 2022;116(1):13-14. doi:10.1093/ajcn/nqac124
- Kleinman RE, Greer FR. Complementary Feeding In: *Pediatric Nutrition*. 8th ed. American Academy of Pediatrics; 2020.
- Meek JY, Noble L; Section on Breastfeeding. Policy Statement: breastfeeding and the use of human milk. *Pediatrics*. 2022;150(1):e2022057988. doi:10.1542/peds.2022-057988
- Pérez-Escamilla R, Segura-Pérez S, Lott M. Feeding guidelines for infants and young toddlers: a responsive parenting approach. *Nutr Today*. 2017;52(5):223-231. doi:10.1097/NT.0000000000000234

Perkin MR, Logan K, Marrs T, et al. Enquiring About Tolerance (EAT) study: feasibility of an early allergenic food introduction regimen. *J Allergy Clin Immunol*. 2016;137(5):1477-1486.e8. doi:10.1016/j.jaci.2015.12.1322

Perkin MR, Logan K, Tseng A, et al. Randomized trial of introduction of allergenic foods in breast-fed infants. *N Engl J Med*. 2016;374(18):1733-1743. doi:10.1056/NEJMoa1514210

Roberts G, Bahnson HT, Du Toit G, et al. Defining the window of opportunity and target populations to prevent peanut allergy. *J Allergy Clin Immunol*. 2023;151(5):1329-1336. doi:10.1016/j.jaci.2022.09.042

Samady W, Warren C, Bilaver LA, Zaslavsky J, Jiang J, Gupta R. Early peanut introduction awareness, beliefs, and practices among parents and caregivers. *Pediatrics*. 2023;152(2):e2022059376. doi:10.1542/peds.2022-059376

Scarpone R, Kimkool P, Ierodiakonou D, et al. Timing of allergenic food introduction and risk of immunoglobulin e-mediated food allergy: a systematic review and meta-analysis. *JAMA Pediatr*. 2023;177(5):489-497. doi:10.1001/jamapediatrics.2023.0142

Schroer B, Groetch M, Mack DP, Venter C. Practical challenges and considerations for early introduction of potential food allergens for prevention of food allergy. *J Allergy Clin Immunol Pract*. 2021;9(1):44-56.e1. doi:10.1016/j.jaip.2020.10.031

Thompson KL, Conklin JL, Thoyre S. Parental decision-making around introducing complementary foods: an integrative review. *J Fam Nurs*. 2023;29(4):348-367. doi:10.1177/10748407231156914

Togias A, Cooper SF, Acebal ML, et al. Addendum guidelines for the prevention of peanut allergy in the United States: summary of the National Institute of Allergy and Infectious Diseases-Sponsored Expert Panel. *J Acad Nutr Diet*. 2017;117(5):788-793. doi:10.1016/j.jand.2017.03.004

US Department of Agriculture (USDA). Dietary Guidelines for Americans, 2020-2025. December 2020. https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf.

Volertas S, Coury M, Sanders G, McMorris M, Gupta M. Real-life infant peanut allergy testing in the post-NIAID peanut guideline world. *J Allergy Clin Immunol Pract*. 2020;8(3):1091-1093.e2. doi:10.1016/j.jaip.2019.12.008

Warren CM, Samady W, Nimmagadda S, et al. Knowledge, attitudes and behaviors regarding peanut protein introduction during infancy—a US population-based survey of parents/caregivers. Presented at Pediatric Academic Societies (PAS) 2022. Denver, CO: April 23, 2022. <https://2022.pas-meeting.org/fsPopup.asp?Mode=posterinfo&PosterID=481315>

World Health Organization (WHO). WHO Guideline for complementary feeding of infants and young children 6-23 months of age. October 16, 2023. Accessed June 5, 2024. <https://www.who.int/publications/i/item/9789240081864>

Zeiger RS. Food allergen avoidance in the prevention of food allergy in infants and children. *Pediatrics*. 2003;111(6 Pt 3):1662-1671.