

Instilling Confidence Surrounding Early Introduction of Allergenic Foods

✦ Supplemental Resources ✦

Guidelines for Healthcare Providers

Prevention of food allergy through nutrition: 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 (Fleischer et al, 2021) [https://www.jaci-inpractice.org/article/S2213-2198\(20\)31211-3/fulltext](https://www.jaci-inpractice.org/article/S2213-2198(20)31211-3/fulltext)

Key Publications

Du Toit G, Roberts G, Sayre PH, et al. Identifying infants at high risk of peanut allergy: the Learning Early About Peanut Allergy (LEAP) screening study. *J Allergy Clin Immunol*. 2013;131(1):135-143.e1-12.
doi:10.1016/j.jaci.2012.09.015

Du Toit G, Roberts G, Sayre PH, et al. Randomized trial of peanut consumption in infants at risk for peanut allergy [published correction appears in *N Engl J Med*. 2016 Jul 28;375(4):398]. *N Engl J Med*. 2015;372(9):803-813.
doi:10.1056/NEJMoa1414850

Ierodiakonou D, Garcia-Larsen V, Logan A, et al. Timing of Allergenic Food Introduction to the Infant Diet and Risk of Allergic or Autoimmune Disease: A Systematic Review and Meta-analysis. *JAMA*. 2016;316(11):1181-1192.
doi:10.1001/jama.2016.12623

Tools for Healthcare Providers

National Institute of Allergy and Infectious Diseases (NIAID) Addendum Guidelines for Prevention of Peanut Allergy: <https://www.niaid.nih.gov/sites/default/files/addendum-peanut-allergy-prevention-guidelines.pdf>

North American Consensus Approach to Primary Prevention of Food Allergy Through Nutrition: [https://www.aaaai.org/Aaaai/media/Media-Library-PDFs/Allergist%20Resources/Statements%20and%20Practice%20Parameters/A-Consensus-Approach-to-the-Primary-Prevention-of-Food-Allergy-Through-Nutrition-Jan-21-\(1\).pdf](https://www.aaaai.org/Aaaai/media/Media-Library-PDFs/Allergist%20Resources/Statements%20and%20Practice%20Parameters/A-Consensus-Approach-to-the-Primary-Prevention-of-Food-Allergy-Through-Nutrition-Jan-21-(1).pdf)

Food Allergy Research & Education (FARE) Food Allergy Prevention Resources and Tools: <https://foodallergyprevention.org/for-clinicians/>

American Academy of Pediatrics (AAP) clinical report on early nutritional interventions for allergy prevention: <https://publications.aap.org/pediatrics/article/143/4/e20190281/37226/The-Effects-of-Early-Nutritional-Interventions-on>

Resources for Families and Caregivers

Early Allergen Introduction: Parent Resources Food Allergy Research & Education (FARE) Baby's First site on food allergy risk and complementary food introduction: <https://www.foodallergy.org/research-innovation/accelerating-innovation/early-introduction-and-food-allergy-prevention>

Food Allergy Research & Education (FARE) Food Allergy Prevention resources and tools: <https://foodallergyprevention.org/for-parents/>