

A Conversation with a Pediatric Gastroenterologist

Key Publications

Abrams EM, Shaker MS, Chan ES, Brough HA, Greenhawt M. Prevention of food allergy in infancy: the role of maternal interventions and exposures during pregnancy and lactation. *The Lancet Child & Adolescent Health*. 2023;7(5):358-366. doi:10.1016/S2352-4642(22)00349-2

Estrem HH, Pederson JL, Dodrill P, et al. A US-Based Consensus on Diagnostic Overlap and Distinction for Pediatric Feeding Disorder and Avoidant/Restrictive Food Intake Disorder. *Int J Eat Disord*. Dec 16 2024;doi:10.1002/eat.24349

Haiden N, Savino F, Hill S, et al. Infant formulas for the treatment of functional gastrointestinal disorders: A position paper of the ESPGHAN Nutrition Committee. *J Pediatr Gastroenterol Nutr*. 2024 Jul;79(1):168-180. doi: 10.1002/jpn3.12240. Epub 2024 May 20. PMID: 38766683.

Larson-Nath C, Bashir A, Herdes RE, et al. Term infant formula macronutrient composition: an update for clinicians. *J Pediatr Gastroenterol Nutr*. 2025; 80: 751-759. doi:10.1002/jpn3.70002

Dan W. Thomas, Frank R. Greer, Committee on Nutrition; Section on Gastroenterology, Hepatology, and Nutrition; Probiotics and Prebiotics in Pediatrics. *Pediatrics* December 2010; 126 (6): 1217–1231. 10.1542/peds.2010-2548

Trogen B, Jacobs S, Nowak-Wegrzyn A. Early Introduction of Allergenic Foods and the Prevention of Food Allergy. *Nutrients*. 2022;14(13):2565. Published 2022 Jun 21. doi:10.3390/nu14132565

Guidelines for Healthcare Providers

American College of Gastroenterology Guidelines Update: Diagnosis and Management of Celiac Disease

Rubio-Tapia A, Hill ID, Semrad C, et al. American College of Gastroenterology Guidelines Update: Diagnosis and Management of Celiac Disease. *Official journal of the American College of Gastroenterology | ACG*. 2023;118(1):59-76. doi:10.14309/ajg.0000000000002075

ESPGHAN and NASPGHAN Treatment Guidelines for Paediatric Functional Constipation

Gordon M, de Geus A, Banasiuk M, et al. ESPGHAN and NASPGHAN 2024 protocol for paediatric functional constipation treatment guidelines (standard operating procedure). *BMJ Paediatr Open*. 2025 Feb 4;9(1):e003161. doi: 10.1136/bmjpo-2024-003161. PMID: 39904543; PMCID: PMC11795385.

Guidelines on Childhood Eosinophilic Gastrointestinal Disorders Beyond Eosinophilic Esophagitis

Papadopoulou A, Amil-Dias J, Auth MK, et al. Joint ESPGHAN/NASPGHAN Guidelines on Childhood Eosinophilic Gastrointestinal Disorders Beyond Eosinophilic Esophagitis. *J Pediatr Gastroenterol Nutr*. 2024 Jan;78(1):122-152. doi: 10.1097/MPG.0000000000003877. PMID: 38291684.

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Probiotics for the Management of Pediatric GI Disorders: ESPGHAN Position Paper

Szajewska H, Berni Canani R, et al; ESPGHAN Special Interest Group on Gut Microbiota and Modifications. Probiotics for the Management of Pediatric Gastrointestinal Disorders: Position Paper of the ESPGHAN Special Interest Group on Gut Microbiota and Modifications. *J Pediatr Gastroenterol Nutr.* 2023 Feb 1;76(2):232-247. doi: 10.1097/MPG.0000000000003633. PMID: 36219218.

World Allergy Organization (WAO) Diagnosis and Rationale for Action against Cow's Milk Allergy (DRACMA) Guidelines update

Fiocchi A, Bognanni A, Brożek J, et al. World Allergy Organization (WAO) Diagnosis and Rationale for Action against Cow's Milk Allergy (DRACMA) Guidelines update - I - Plan and definitions. *World Allergy Organ J.* Jan 2022;15(1):100609. doi:10.1016/j.waojou.2021.1006

Clinician Resources

American Academy of Pediatrics

- When and How to Start Solid Foods for Your Baby:
<https://www.youtube.com/watch?v=dQ0NDGWJEGM>
- Feeding Baby the BEST Way: Responsive Feeding Tips for Parents:
<https://www.youtube.com/watch?v=Ha16Hvoh6c4>

American Academy of Pediatrics | HealthyChildren.org

- Signs of Solid Food Readiness: <https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Bite-Sized-Milestones-Signs-of-Solid-Food-Readiness-.aspx>
- Food Allergy Reactions: <https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Food-Allergy-Reactions.aspx>

American Family Physician

- Constipation in Children and Adolescents: Evaluation and Treatment:
<https://www.aafp.org/pubs/afp/issues/2022/0500/p469.html>

Clinical Pathways for Management of Constipation

- **Children's Hospital of Philadelphia** - Constipation Clinical Pathway:
<https://www.chop.edu/clinical-pathway/constipation-clinical-pathway>
- **Children's Mercy** - Managing Functional Constipation – A Pediatric Guide:
<https://www.childrensmercy.org/health-care-providers/pediatrician-guides/managing-functional-constipation/>

FARE (Food Allergy Research and Education)

- IgE vs. non-IgE Food Allergies blog post: <https://www.foodallergy.org/fare-blog/why-we-need-stop-referring-ige-mediated-allergies-true-food-allergies>
- Diagnosis of Food Allergies: <https://www.youtube.com/watch?v=Yzaee2f8eXA>

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Feeding Matters

- Understanding Pediatric Feeding Disorder (PFD) and Avoidant/Restrictive Food Intake Disorder (ARFID): <https://www.feedingmatters.org/pfd-and-arfid-overlap/>
- Tools for evidence based practice and for assessing Pediatric Feeding Disorder: <https://www.feedingmatters.org/evidence-based-practice/>

International Scientific Association for Probiotics and Prebiotics

- <https://isappscience.org/for-clinicians/resources/>

The Rome Foundation

- Diagnostic Criteria for Functional Gastrointestinal Disorders: <https://theromefoundation.org/rome-iv/rome-iv-criteria/>
- Pediatric Section: <https://theromefoundation.org/rome-pediatrics/>



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