

ALLERGY

# ALLERGY PREVENTION – THE EUROPEAN GUIDELINES

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Here is an ad for our new paper on [infant feeding and allergy prevention](#)

... although all authorities agree that breast milk is the food of choice for infants, the evidence that it prevents allergic outcomes is contradictory, with different studies showing, protection, no effect and even increased risk...

... due to inconsistency of findings, there is no clear-cut evidence that the early use of cow's milk hydrolysate exerts a preventive effect on allergic diseases generally or cow's milk allergy in particular. Further carefully designed and correctly powered randomized double-blind placebo-controlled studies are needed before clear recommendations can be made ...

... although pro-, pre- and synbiotics are theoretically promising candidates to prevent allergic diseases, results of clinical trials are not conclusive ...  
More detailed examination of national recommendations show that the main discrepancies between country recommendations and the evidence base are related to the use of hydrolysed infant formulas, what age to introduce solids and whether to delay the introduction of allergenic foods into the infants diet.

So, my view – at least at the moment – there is nothing you can do for allergy prevention.