

Dietitians of Canada
Annual Conference
Toronto: May 26th – 29th 2005

Session D2
Saturday May 28th 4.00 – 5.30 p.m.
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Management of Paediatric Food Allergies

Learning Objectives:

The participant will :

Understand the immunological processes involved in the development and expression of food allergy in the prenatal, neonatal and infant stages of life.

Be in a position to apply this information in the clinical setting to supervise the diet of the mother of the at-risk-for-allergy infant during preconception, pregnancy, neonatal and infant stages to reduce the expression of food allergy, and possibly the development of allergic disease through the life-cycle.

Abstract:

Successful management of pediatric food allergy is crucial to the well-being and healthy development of the infant, and can greatly influence the individual's allergic history throughout life. New evidence suggests that effective dietary management can be accomplished at four critical stages, and encompasses both prevention and intervention in the process and progress of the allergic syndrome. Each of these stages will be discussed using both scientific evidence and its application in clinical practice:

1. The importance of preconception management of allergy in the mother
2. In utero environment and its influence on the development of allergy in the fetus and new-born
3. Breast-feeding as a preventive and management tool in potential and clinically-expressed food allergy in the infant
4. The most effective way to introduce infant formulae and solid foods to reduce the possibility of sensitizing the child to food allergens, and reducing food allergy in childhood, and general allergy in later life