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Sent: Tuesday, April 26, 2016 12:19 PM
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Cc: Barnes, Tricia - FNS; Hubbard, Kristie - FNS
Subject: Risk #428 & Food Allergy Information

Greetings,

It has been brought to our attention that there is outdated information in the Justification section of risk #428 Dietary Risk Associated with Complementary Feeding Practices related to food allergy:

428 (2005), Page 4:

"Infants with a strong family history of food allergy should be breastfed for as long as possible and should not receive complementary foods until 6 months of age. The introduction of the major food allergens such as eggs, milk, wheat, soy, peanuts, tree nuts, fish and shellfish should be delayed until well after the first year of life as guided by the health care provider." (7, 24)

As you may know, it has more recently been reported that there is a lack of evidence that delaying introduction of highly allergenic foods prevents the development of food allergies (see the excerpt below from risk #353 Food Allergies):

353 (2012), Page 3:

"There is also a lack of evidence that delaying the introduction of solids beyond 6 months of age, including highly allergenic foods, prevents the development of food allergies. If the introduction of developmentally appropriate solid food is delayed beyond 6 months of age, inadequate nutrient intake, growth deficits and feeding problems can occur." (1)

The update of risk #428 has been added to the RISC workplan and will be revised to reflect the newer information. It will be reissued in 2017.

Please note this change does not affect the risk definition (nor the assignment) of risk #428 – but rather the nutrition education related to food allergies. Therefore, in the meantime, the State may update the nutrition education message related to the prevention of food allergies as appropriate at any time – even before risk #428 is revised.

Please let us know if you have any questions.

Thank you!

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