Today’s story was prepared by Naveed Rabbani, MD and comes from a CNN article [There's new advice to prevent food allergies in children](https://www.cnn.com/2019/03/18/health/food-introduction-allergies-report/index.html)

This article is written by Edith Bracho-Sanchez, MD, a pediatrician and medical journalist. She summarizes the recommendations and findings by the American Academy of Pediatrics (AAP) published in the journal *Pediatrics* regarding [diet in infancy and the development of food allergy and atopic disease later on in life](https://pediatrics.aappublications.org/content/143/4/e20190281). The majority of the article focuses on the recommendation to introduce allergenic foods such as peanuts and fish to infant's diets early on when babies are transitioning to solid foods (around 4 - 6 months of age). The article also provides some background on how such diet recommendations regarding prevention of food allergies have changed and developed over recent history—for example, that historically, the medical community had recommended delaying the introduction of peanuts and other allergenic foods. Additionally, Dr. Bracho-Sanchez also summarizes specific findings from two large studies, the Enquiring About Tolerance (EAT) study and the Learning Early About Peanut (LEAP) trial, which were featured in the AAP publication and provide a lot of the evidence behind these new recommendations.

The article provides a limited and focused but accurate summary of the updated AAP guidelines. Although the original AAP publication also goes into detail about findings regarding maternal prenatal diet, breastfeeding, formula feeding, and other dietary factors, the article either addresses these other points briefly or does not address them at all. This focused approach is appropriate and makes the article more approachable to readers and more effective in informing parents of the studied benefits of introducing a diversity of foods, including allergenic foods like peanuts, early on and consistently in an infant's diet. Furthermore, the article is grounded in its summary of the AAP recommendations and stays true to the original publication without overreaching or editorializing.

**RESOURCES ON FOOD ALLERGY & WHEN TO INTRODUCE FOODS**

[Guidance on starting solid foods](https://kidshealth.org/en/parents/solid-foods.htm) *KidsHealth, website from Nemours*

[Guidance on allergenic foods](https://www.healthychildren.org/English/tips-tools/ask-the-pediatrician/Pages/When-can-I-start-giving-my-baby-peanut-butter.aspx) *HealthyChildren, website of the American Academy of Pediatrics*

And that’s today’s Developmental & Behavioral Pediatrics: IN THE NEWS!