**The Effect of Delayed Introduction to Solids on Allergic Sensitization**

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Allergic disease is the third most common disease in children. There has been an increasing rate of atopic disease in recent years. The Center for Disease Control and Prevention has noted an eighteen percent increase in food allergies between 1997 and 2007, as well as an increase in the rate of asthma from 1:14 in 2001 to 1:12 in 2009. Maternal and infant feeding practices may be a modifiable risk factor for the prevention of allergy. Studies have been conflicting as to whether delayed introduction to solids can decrease allergic sensitization.

Therefore, a review of recent literature was done to determine whether timing of the introduction of solids affects allergic sensitization. The PubMed MeSH Database was searched for the terms “infant food” AND “time factors” AND “hypersensitivity” with a time limit of ten years. Four studies were included in this analysis. The studies were either cohort studies or case-control studies. Endpoints were allergic symptoms, doctor diagnoses and/or IgE levels. None of the studies reviewed found a significant decrease in the risk of allergic sensitization with delayed introduction to solids. Some of the studies showed trends that suggested delayed introduction could increase a patient’s risk of allergic sensitization. All of the studies were subject to recall bias and probable reverse causality. The clinical bottom line is that there is no evidence to suggest that delayed introduction to solids past six months of age will decrease an infant’s risk of developing atopic disease. This is in line with the current AAP Guidelines. There is a need for further studies to determine if timing of the introduction to solids can affect allergic sensitization in infants.

**References**

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