## How and when to introduce eggs to avoid egg allergies



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Researchers: D. Palmer, T. Sullivan and M. Makrides

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Optimal timing to introduce eggs into infant diets known thereby allaying fears of including eggs in infant diets



As egg allergy is the most common food allergy in Australian young children, evidence is emerging to investigate preventative methods for respiratory allergic diseases in childhood. This report analyses whether the timing of egg introduction into infant diets is related to egg allergy in early childhood