For breastfed infants with food allergy, strict avoidance of the offending food proteins for both mother and child is frequently recommended. Total dietary avoidance of egg is difficult for patients to achieve. Additional study is needed to substantiate or to refute the preliminary observation that regular maternal ingestion of a small quantity of well-cooked egg did not markedly exacerbate eczema symptoms in egg-sensitive infants.

**The Natural History of Wheat Allergy**


**PURPOSE OF THE STUDY.** Wheat allergy is among the most common of food allergies, affecting ~0.4% of children, but little is known about its natural history. The purpose of this study was to determine at what age wheat allergy is outgrown and to identify clinical and laboratory predictors of tolerance development.

**STUDY POPULATION.** Participants were children from the Johns Hopkins pediatric allergy clinic who had a history of symptomatic reaction (presumed immunoglobulin E [IgE]-mediated) to wheat and a positive wheat-specific IgE test result. Inclusion criteria were met by 103 children.

**METHODS.** The study was a retrospective, medical record review. Resolution of allergy was determined by the results of food-challenge testing. Kaplan-Meier survival curves were generated to depict resolution of wheat allergy.

**RESULTS.** The median initial wheat-specific IgE level was 24 kU/L, and the median peak wheat-specific IgE level was 73 kU/L. Rates of resolution of wheat allergy were 29% by the age of 4 years, 56% by the age of 8 years, 65% by the age of 12 years, and 70% by the age of 14 years. Higher wheat-specific IgE levels were associated with worse outcomes. A total of 63 of 103 participants underwent a food challenge during the study period. The peak wheat-specific IgE level recorded was a useful predictor of persistent allergy, although many children with even the highest levels of wheat IgE outgrew wheat allergy.

**CONCLUSIONS.** The median age of resolution of wheat allergy was 6.5 years in this population. However, 35% of the patients remained allergic into their teenage years.

**High Levels of IgG4 Antibodies to Foods During Infancy Are Associated With Tolerance to Corresponding Foods Later in Life**


**PURPOSE OF THE STUDY.** To examine the serum and salivary antibody responses to food-elimination diets and to identify immunologic parameters related to oral tolerance.

**STUDY POPULATION.** Prospective study of 89 children <2 years of age with eczema.

**METHODS.** Children with eczema were examined at 3 time points, that is, at enrollment, after a 6-week treatment period, and at 4.5 years of age. Treatment included topical emollients and/or steroids for all children and a 6-week egg- and/or milk-elimination diet for 60 of the 89 children in the cohort of children who were diagnosed with an allergy to 1 or both foods. Laboratory data...
# The Natural History of Wheat Allergy

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