Fig 1. Environmental modifiers in allergic disease: a) risk factors and b) preventive interventions that may alter development of food allergy and atopic disorders

a) Risk factors

- Tobacco smoke
- Environmental pollutants
- Abnormal intestinal flora colonization
- Decreased exposure to sunlight
- Early introduction of solid foods before 3-4 months of age
- Formula feeding
- Diet low for n-3PUFA, antioxidants and soluble fiber
- Delayed introduction of solid foods
- Vitamin D deficiency

b) Interventions

- Healthy, balanced diet
- Pro and prebiotics
- n-3PUFA
- Breast-feeding for minimum 6 months
- Hypoallergenic infant formula in the first 6 months if breastfeeding is not possible
- Introduction of solids foods 4-6 months
- Pro and prebiotics
- n-3PUFA

Healthy and balanced diet
Pro and prebiotics
n-3PUFA
Figure 1 Legend

Φ Environmental pollutants: traffic exhaust particles, polychlorinated biphenyl compounds (PBCs), organochlorine pesticides, dioxins, phthalates, heavy metals

# n-3PUFA: omega-3 polyunsaturated fatty acids

Strength of evidence for risk factors:
A High; convincing body of evidence exists
B Moderate; limited evidence exists
C Low; needs more investigation

Strength of evidence for interventions:
*** Currently included in official guidelines
** Likely to be of benefit, based on growing evidence, but not yet part of recommended guidelines
* Requires more investigation