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

- Tobacco smoke A
- Environmental pollutants^{Φ A}
- Abnormal intestinal flora colonization A
- Decreased exposure to sunlight ^B

- \bullet Early introduction of solid foods before 3-4 months of age $^{\rm B}$
- Formula feeding? ^B
- Diet low for n-3PUFA[#], antioxidants and soluble fiber ^B
- Delayed introduction of solid foods ^B
- Vitamin D deficiency ^C

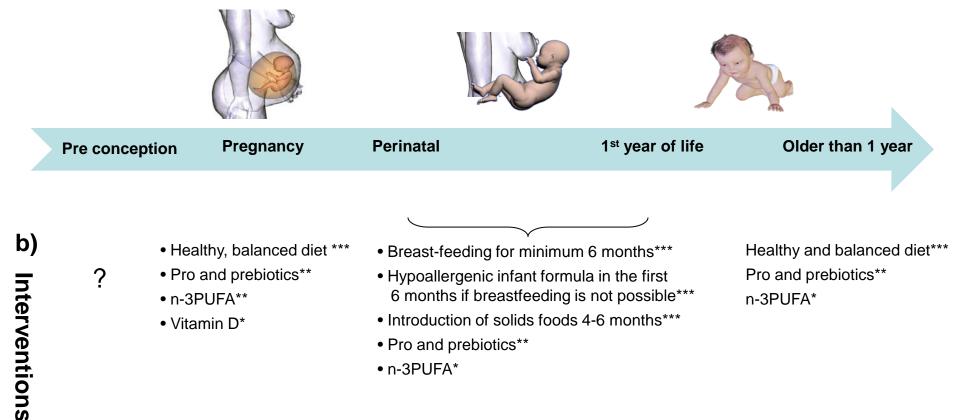


Figure 1 Legend

^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