Dr. Greer and his colleagues also concluded that there is scant evidence that delaying the introduction of complementary foods beyond 4-6 months of age prevents atopic disease. Other major statements summarizing the current evidence included the following:

- Maternal dietary restrictions during pregnancy do not appear to play a significant role in the prevention of atopic disease in infants.
- There is no convincing evidence for the use of soy-based infant formula for the purpose of allergy prevention.
- For infants beyond 4-6 months of age, there is insufficient data to support a protective effect of any dietary intervention for the development of atopic disease.
- In infants at risk of developing atopic disease, the current evidence does not support the hypothesis that exclusive breast-feeding protects against allergic asthma occurring beyond 6 years of age.
- For a child who has developed an atopic disease that might be precipitated or exacerbated by ingested proteins (via human milk, infant formula, or specific complementary foods), treatment could require specific identification and restriction of causal food proteins. This topic was not reviewed in this document.

"If the child is not at risk, the lactating mother can eat what she wants, and it really doesn’t matter when you introduce a child to fish or eggs,” said Dr. Greer. ■