

Breastfeeding Recommendations for Preventing Allergic Disease

Organization	Recommendation/Comment
NIAID 2010 ¹	Exclusive breastfeeding until 4 to 6 months of age unless breastfeeding is contraindicated for medical reasons.
AAP 2012 ²	3 to 4 months exclusive breastfeeding <ul style="list-style-type: none">• Evidence exists that exclusive breastfeeding for 3 or 4 months decreases the incidence of clinical asthma, AD, and eczema by 27% in a low-risk population and by up to 42% in infants with a positive family history.• The AAP's general breastfeeding recommendation, apart from allergy prevention, is for exclusive breastfeeding for about 6 months.
ESPGHAN 2009 ³	Exclusive breastfeeding for about 6 months is a desirable goal, but partial breastfeeding as well as breastfeeding for shorter periods of time also are valuable.*
EAACI 2008 ⁴	Exclusive breastfeeding for at least 4 to 6 months, regardless of atopic heredity.

*This ESPGHAN recommendation for breastfeeding does not apply specifically to allergy prevention.

NIAID=National Institute of Allergy and Infectious Diseases; AAP=American Academy of Pediatrics; ESPGHAN=European Society for Paediatric Gastroenterology, Hepatology, and Nutrition; EAACI=European Academy of Allergy and Clinical Immunology.

1. National Institute of Allergy and Infectious Diseases. www.niaid.nih.gov/topics/foodAllergy/clinical/Pages/default.aspx. Accessed April 29, 2013.
2. American Academy of Pediatrics. Section on Breastfeeding. *Pediatrics*. 2012;129:e827-e841.
3. ESPGHAN Committee on Nutrition: Agostoni C, Decsi T, Fewtrell M, et al. *J Pediatr Gastroenterol Nutr*. 2009;49:112-125.
4. Host A, Halcken S, Muaro A, et al. *Pediatr Allergy Immunol*. 2008;19:1-4.