

Like many aspects of eczema, the connection with food allergies is complicated. While food allergies may trigger eczema, it is not the cause of the condition and there is evidence to suggest eczema may actually result in allergies due to children being exposed to food allergens through the skin (eg: food or plant-based skin products). According to ASCIA (Australasian Society of Clinical Immunology and Allergy), about a third of children with eczema may also have food allergies so it is essential parents consider the role of diet in managing their health.

### Fact

**30%** and up to **10%**  
of Children of Adults

About 30% of infants with eczema and a family history of allergy will develop food allergies compared to only 10% of the general population.

### Fact

Results of skin tests or blood tests for food allergy do not always predict food/s that are making the eczema worse. Allergy testing should only be undertaken if recommended and interpreted by a clinical immunology/ allergy specialist.



### Fact

Food exclusion diets should only be tried in children with eczema that does not improve by first trialling other treatments such as applying moisturisers, using non-soap-based wash or oils or using topical steroids (under medical supervision).



### Fact

Eczema only requires short-term food exclusion. Such diets should always be supervised by a clinical immunology/ allergy specialist. If the specialist recommends longer-term exclusions, the child should also see a paediatric dietitian with specialised knowledge of food allergies.



### Fact

Foods most often linked with food allergies include eggs, milk, wheat, soy, tree nuts, fish and peanuts.



### Fact

Taking foods out of a child's diet without using the right substitutes can cause malnutrition and poor growth.



### Fact

If a child has been regularly eating a food without signs of allergy, removing that food from their diet can result in them developing a new allergy to that food.



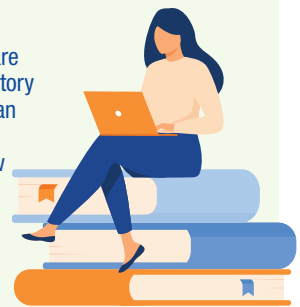
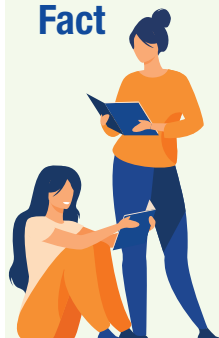
### Fact

If there are symptoms other than eczema flares, such as hives or vomiting with a meal, it is much more likely that a specific ingredient is a problem. Treat the reaction, make a note of all the ingredients and speak to an allergist promptly.



### Fact

Information is king. Keep notes about potential food-related flares to share with medical experts. History is often a better guide than blood or skin tests and doctors will want to know suspicions, details of symptoms and meal ingredients.



Eczema Support Australia provides support to Australians who are significantly impacted by chronic eczema and other atopic or allergic conditions. The registered charity believes all families and individuals living with these chronic conditions deserve our community support and is guided by the three pillars of: **1. Advocacy 2. Connection 3. Information**