

Food Allergy in Pediatrics

Since the late 1990s, food allergy has become more common among children in the US.¹ Children with food allergy are also prone to developing other conditions such as asthma, eczema and respiratory allergy.¹ Collectively, these points make the diagnosis of food allergy an important concern in pediatric health today.

When confronted with suspected food allergy in a pediatric patient, there are several important considerations:

- Adverse food reactions may be broadly grouped into immune mediated and non-immune mediated symptoms.^{2,4}
- Symptom overlap among conditions within these two groups. Symptoms may include skin rash, nausea and vomiting, and may confound an empiric diagnosis.⁴
- Food allergy symptoms are most common in children.¹
- Food allergy is more common in individuals with other atopic diseases such as asthma.^{3,4}

Approximately 90 percent of food reactions are caused by eight foods or food groups. In order of prevalence, these include:³

1. Milk
2. Egg
3. Peanut
4. Tree nuts
5. Shellfish
6. Fish
7. Wheat
8. Soy



To support a differential diagnosis of adverse food reactions, guidelines recommend a detailed medical history and physical exam.⁴ These may help identify suspected food allergies and may be followed by testing focused on the specific foods in question.⁴

Quantitative Allergen-specific IgE tests performed using the ImmunoCAP® method:

Test No.	Test Name
602989	Allergen Profile, Food
Test Includes	Clam; codfish; corn; egg white; milk; peanut; scallop; sesame seed; shrimp; soybean; walnut; wheat
Method	Quantitative allergen-specific IgE test
Specimen Requirement	2 mL serum (room temperature)

References

1. Branum AM and Lukacs SL. Food Allergy Among US Children: Trends in Prevalence and Hospitalizations. NCHS Data Brief No. 10. October 2008.
2. Sicherer SA. Food allergy. *Lancet* 2002;360:701-710.
3. Sampson HA, Aceves S, Bock SA et al. Food allergy: A practice parameter update – 2014. *J Allergy Clin Immunol* 2014 pg 1-10e43.
4. Boyce JA, Assa'ad A, Burks WA et al. Guidelines for the Diagnosis and Management of Food Allergy in the United States: report of the NIAID-sponsored expert panel. *J Allergy Clin Immunol* 2010;126(6):S1-S53.

For more information about testing options, please consult our Test Menu at [Labcorp.com](https://www.labcorp.com)