
Exclusion diets: without risk?

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To the Editor—I read with interest the excellent article “Food avoidance does not improve childhood eczema.” by Hon and Leung¹ in the December 2015 issue of the *Hong Kong Medical Journal*. As a nutrition scientist I can agree with the information completely, in principle they also apply to adults.² Many patients eliminate several foods, but only half consult a physician or dietitian/nutritionist (caution: risk of nutritional deficiencies, eg calcium, zinc, vitamin D, and vitamin E).³ In a recent data analysis of 9417 children and adolescents, Silverberg et al⁴ concluded that a vegan diet is associated with a higher prevalence of eczema (adjusted odds ratio=2.53; 95% confidence interval, 1.17-5.51) and potentially can be harmful to children’s skin. Elimination diets may also increase the risk of anaphylaxis in children. I refer readers to the updated World Allergy Organization guidelines for the assessment and management of anaphylaxis that can be found in the October 2015 issue of the *World Allergy Organization Journal*.⁵

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