

Key Take-Home Messages

Essentials in Food Allergy

Management



- ***Recognise before you restrict.***

Accurate food allergy management starts with recognising the clinical presentation and understanding when diagnostic testing is appropriate and how results should be interpreted in the context of clinical history.

- ***An allergy-focused assessment matters.***

A thorough allergy-focused clinical and nutritional assessment helps identify potential nutritional risks and provides the foundation for appropriate, individualised management.

- ***Protect nutrition while managing the allergy.***

Food avoidance should not come at the expense of nutritional adequacy. Appropriate alternatives and ongoing assessment are important to minimise nutritional deficiencies and unnecessary dietary restriction.

- ***Know your scope — and when to refer.***

Safe food allergy care requires healthcare professionals to work within their professional scope and recognise when referral or multidisciplinary input is needed.

- ***Personalise the nutritional care.***

Food allergy management is not one-size-fits-all. Nutritional care should consider the individual needs of the child and family while supporting nutritional adequacy and practical, sustainable management.

Effective food allergy management means identifying the right allergy, avoiding unnecessary restriction and protecting nutritional adequacy through individualised care

