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By [Dr David Moore](#), 24 March 2014

Heard the old wives' tale about avoiding "allergy foods" in pregnancy, lest

Well some more evidence to put

A cohort study in press has examined the association between mothers' intakes of common food allergens during pregnancy and childhood allergy. The researchers found NO evidence that avoiding food allergens results in a reduced risk of childhood allergy; in fact, the odds of childhood asthma/allergies when mothers' diets were high in

So, bottom line, *prospective parents do not need to worry about restricting their diets out of fear of causing allergies in their children.*

View abstract [here](#).

About Dr David Moore



David is a Fellow of the Royal Australian and New Zealand College of Obstetricians and Gynaecologists, a Fellow of the Royal Society of Obstetricians and Gynaecologists, Queensland. He is highly skilled in the management of complex and high-risk pregnancies, and has specialised in the management of endometriosis, pelvic floor and incontinence surgery. David has completed a Master of Reproductive Medicine and is currently completing a PhD in the management of fertility problems, and can offer the full range of assisted reproductive treatments. He is a Lecturer at the Queensland Medical School, and has published both medical journal and textbook contributions.

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