INDANA Symposium

What is an Allergy Healthy Diet Anyway?

Speaker - Kate Grimshaw, PhD, RD

Learning Objectives

1. Develop an appreciation of the literature containing the immuno-modulatory effect of individual nutrients and the diet as a whole
2. List the main constituents of an allergy healthy diet
3. Discuss how to give general ‘Allergy Healthy’ dietary advice and understand when referral to a dietitian for specific dietary advice is needed

This presentation will cover the following points

- What do we already know about dietary constituents (nutrients and foods) and allergy?
- How can this knowledge be interpreted into information about the constituents of an allergy healthy diet
- How to give advice about an allergy healthy diet and what resources are available to facilitate this

Time allowing, case studies will be used to demonstrate how to use available resources and also when referral for specialist dietetic intervention is required.

Reference List


Allan K, Devereux G. Diet and asthma: nutrition implications from prevention to treatment. *J Am Diet Assoc* 2011 Feb;111(2):258-68.


