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# FOOD ALLERGY IN CHILDREN: MODERN ASPECTS OF DIAGNOSIS AND PREVENTION

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**Abstract**

Food allergy is one of the most common allergic pathologies in childhood. The disease is characterized by the development of immunologically mediated reactions to foods and can manifest itself as skin, gastrointestinal, and respiratory lesions. In recent years, there has been an increase in the prevalence of food allergies among children, due to changes in diet, environmental factors, and hereditary predisposition. This article examines the main causes, clinical manifestations, diagnostic methods, and prevention of food allergies in children. Food allergy is one of the most pressing medical and social issues in modern pediatrics due to the steadily increasing prevalence of allergic diseases among children. This pathology is an immunologically mediated reaction of the body to foods, which develops as a result of hypersensitivity to certain allergens. Food allergies are most common in young children and can manifest as a variety of clinical symptoms affecting the skin, gastrointestinal tract, respiratory system, and other organs.

In recent years, there has been a significant increase in the incidence of food allergies, due to exposure to unfavorable environmental factors, changes in diet, genetic predisposition, and the development of a child's immune system. The most common food allergens are proteins found in cow's milk, chicken eggs, fish, nuts, soy, and grains.

This article examines current understanding of the etiology, risk factors, pathogenesis, clinical manifestations, and diagnosis of food allergies in children. Particular attention is paid to modern methods for identifying causative allergens, principles of dietary therapy, drug treatment, and disease prevention. An analysis of the scientific literature on early detection of allergic reactions and prevention of complications is presented. Timely diagnosis and a comprehensive approach

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to treatment can improve children's quality of life, reduce the risk of severe allergic reactions, and prevent the progression of allergic pathology.

**Keywords:** food allergy, children, allergic reactions, allergens, diagnosis, prevention, immunity, hypersensitivity.

## Introduction

**The aim of the study was** to examine the current developments in the onset, clinical course, diagnosis, and prevention of food allergies in children.

**Research objectives:** Nutrition plays a crucial role in the prevention and management of allergic diseases. A properly balanced diet can help reduce the severity of allergic reactions, improve immune function, and prevent nutritional deficiencies associated with elimination diets. Allergic diseases, including food allergy, atopic dermatitis, allergic rhinitis, and bronchial asthma, are increasingly common among children and adults worldwide. Dietary management is considered one of the key components of комплексного лечения аллергических заболеваний.

The main principle of nutritional therapy in allergy is the identification and elimination of causative allergens while maintaining adequate nutritional intake. Special attention should be paid to children, as prolonged dietary restrictions may affect growth and development. Hypoallergenic diets, breastfeeding, timely introduction of complementary foods, and individualized nutrition plans are important measures in allergy management. This article discusses the role of nutrition in allergic diseases, the principles of hypoallergenic diets, and current recommendations for dietary prevention and treatment.

To study the prevalence of food allergies among children of different age groups. Identify the main food allergens that cause allergic reactions. To examine the clinical manifestations of food allergies in children. To analyze modern methods of diagnosing the disease. Assess the effectiveness of preventive measures.

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**Research materials and methods.** An analysis of domestic and international scientific literature on food allergies in children was conducted. Data from scientific publications, clinical guidelines, and the results of recent epidemiological studies were used.

**Study results.** Food allergies most often develop in young children due to an immature immune system and increased permeability of the intestinal barrier. The most common allergens are cow's milk, chicken eggs, fish, nuts, soy, and wheat. Diagnosis is based on collecting an allergy history, maintaining a food diary, performing skin allergy tests , and determining specific IgE immunoglobulins . In complex cases, a provocative food test under medical supervision is used.

The primary treatment method is eliminating the causative allergen from the child's diet. Antihistamines and symptomatic therapy are also used.

Early diagnosis of food allergies can prevent the development of severe complications and improve a child's quality of life. A balanced diet for pregnant women, breastfeeding, and the proper introduction of complementary foods are especially important. Further research is needed to develop new methods for the prevention and treatment of allergic diseases in children.

A review of the scientific literature revealed that food allergies are one of the most common allergic diseases in childhood. According to various studies, signs of food allergies are found in 6–10% of young children, with the highest prevalence observed among children in the first three years of life.

It has been established that the leading risk factors for developing food allergies include a genetic predisposition, a history of allergic diseases in parents, early transition to formula feeding, delayed introduction of complementary foods, and unfavorable environmental conditions. The most significant food allergens are proteins found in cow's milk, chicken eggs, fish, seafood, nuts, soy, and wheat.

An analysis of clinical manifestations revealed that the most common skin symptoms observed in children include atopic dermatitis, urticaria, redness, and itching. Gastrointestinal symptoms include abdominal pain, nausea, vomiting, flatulence, and bowel disturbances. In some cases, respiratory symptoms are also observed, including allergic rhinitis, cough, and bronchospasm.

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It has been established that the most informative diagnostic methods include collecting an allergy history, keeping a food diary, determining the level of specific IgE antibodies, and performing skin allergy testing . The integrated use of diagnostic methods facilitates the timely identification of causative allergens and the prescription of effective therapy.

The study results confirm that the primary treatment for food allergies remains an elimination diet, eliminating the causative allergen from the child's diet. Following dietary recommendations, taking antihistamines as indicated, and monitoring can reduce the severity of clinical symptoms and lower the risk of complications. These findings highlight the importance of early diagnosis, preventive measures, and raising parental awareness of food allergies in children.

## Conclusions

Food allergy is a pressing issue in modern pediatrics. The increasing prevalence of this disease requires improved diagnostic, treatment, and prevention methods. Early identification of allergens and adherence to a hypoallergenic diet help reduce the incidence of complications and improve children's health.

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