Knowledge of parents about the elimination diet and food allergens

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Aim: The aim of the study was to assess the knowledge of parents of children with food allergies on the elimination diet and allergens, and knowledge of the sources of information about food allergy.

Methods: The study was conducted from May to August 2016 among 86 parents in Lower Silesian in Poland, whose children have food allergies. Surveys were distributed to parents in hospitals and nursery school. They were a group of women and men in the age range 18-50 years. Parents’ knowledge was verified by a questionnaire, which has been specially developed for the study.

Results: The product most often in Polish children invoke allergic reactions were cow’s milk and eggs. The vast majority of respondents showed knowledge of the definition of the elimination diet and they knew that, when a food allergy elimination diet and you should carefully read the labels of food products. However, the greater part of the interviewees believed that the allergy to cow’s milk should be eliminated from the diet always and only cow’s milk and milk products.

Discussion: Compared to other studies of Polish parents also have basic than parents from other countries. Also among the other respondents to the primary sources of information was Internet and doctor.

Conclusion: Parents of children, who have food allergies, have a basic knowledge on the elimination diet and individual allergens. However, this does not always indicate correctly, which foods you should avoid elimination diet. This may be due to the fact that the main sources of information the were the Internet, the doctor and books about allergies.