



From the desk of Dr Harry

## Maternal diet and infant eczema and asthma

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The incidence of eczema in young children is rising. That of asthma was rising steeply until the mid 1990's but has since hit a plateau. Parents often wonder if there is anything they can do to prevent the development of asthma or eczema in their children?

A recent study carried out in Japan, [Consumption of vegetables, fruit, and antioxidants during pregnancy and wheeze and eczema in infants](#), and published January this year suggests that:

- Increasing the maternal intake of green and yellow vegetables, citrus fruit, and beta-carotene during pregnancy was significantly associated with a reduced risk of eczema, but not wheeze, in babies. However, higher ingestion of total vegetables did not.
- Higher maternal intake of vitamin E, found in some green vegetables, similarly may lessen the risk of having a wheezy infant.

**This research is interesting, but not conclusive and more studies will be required to confirm the findings. Watch this space!**

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