

Maternal egg consumption not tied to egg allergy in offspring

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Development of egg allergy at 12 months is unaffected by maternal egg

consumption during the very early neonatal period, according to a study published July 10 in *JAMA Network Open*.

Ken-ichi Nagakura, M.D., Ph.D., from the National Hospital Organization Sagamihara National Hospital in Japan, and colleagues examined the effect of maternal egg intake during the early neonatal [period](#) on the development of egg allergy in breastfed infants at age 12 months. Analysis included 380 newborns randomly assigned (1:1) to a maternal egg consumption group ([mothers](#) consumed one whole egg per day during the first five days of the neonate's life) or the maternal egg elimination group.

The researchers found that on days 3 and 4 after delivery, the proportions of neonates with ovalbumin and ovomucoid detection in [breast milk](#) were higher in the egg consumption group versus the elimination group (ovalbumin: 10.7 versus 2.0 percent; risk ratio [RR], 5.23 [95 percent confidence interval (CI), 1.56 to 17.56]; ovomucoid: 11.3 versus 2.0 percent; RR, 5.55 [95 percent CI, 1.66 to 18.55]). The groups did not significantly differ at age 12 months for egg allergy (9.3 versus 7.6 percent; RR, 1.22; 95 percent CI, 0.62 to 2.40) or sensitization to egg white (62.8 versus 58.7 percent; RR, 1.07; 95 percent CI, 0.91 to 1.26).

"It is possible that the ingestion of larger amounts of egg protein and a longer intervention period, such as during pregnancy or after the neonatal period, might lead to different results," the authors write.

More information: Ken-ichi Nagakura et al, Effect of Maternal Egg Intake During the Early Neonatal Period and Risk of Infant Egg Allergy at 12 Months Among Breastfeeding Mothers, *JAMA Network Open* (2023). [DOI: 10.1001/jamanetworkopen.2023.22318](https://doi.org/10.1001/jamanetworkopen.2023.22318)

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