- Life style (obesity, smoking) and environment
- Dietary habits
- Microbiome
- Allergen exposure
- Immune competence
- Mode of delivery
- Via the placenta, the baby borrows immunity and allergen tolerance, and it also develops taste preference.

- **0-6 months:** breastfeeding whenever possible due to its nutrients, micronutrients, lysozyme, lactoferrin, IgA, cytokines.
- **from 4-6 months:** continue breastfeeding whenever possible while introducing a high diversity of healthy complementary foods, including country specific food allergens, preferably home made. If baby-led weaning is chosen, a modified approach – including spoon feeding - is strongly recommended.

- **Til 24 months:** adapt to healthy family food: high diversity of micronutrient dense foods, rich in fiber, omega 3 fatty acids, iron, zinc, and fermented foods (yoghurt), fresh and home cooked, predominantly plant-based.
- Regular exposure to common country-specific allergenic foods
- Avoid high salt and high sugar, excessive water or milk
- No need to continue infant formula/breast milk
- Do not replace cow's milk by plant-based drinks as these are not nutritionally adequate (except calcium-fortified soy drink).

- High quality family food
- Preferably home-made with fresh or frozen food
- Whole food with satiety signals
- Counter fruit preference with vegetables
- Include foods with high iron (preferably including red meat)
- Low intake of processed foods with high sugar and fat but low micronutrient density. Avoid ultra-processed foods
- A variety of taste and textures should be accepted.

Ogata, B. N., & Hayes, D. (2014). https://doi.org/10.1016/j.jand.2014.06.001