

Nutritional Management of Infants with Cow's Milk Protein Allergy: A Review of the Evidence

Test Questions

1. Which of the following best describes an IgE-mediated adverse food reaction?:
 - a) Immediate GI symptoms
 - b) Celiac Disease
 - c) Urticaria / Angioedema
 - d) Anaphylaxis
 - e) Heiner's syndrome
 - f) a, c, and d
 - g) c, d, and e
2. Which answer below describes lactose intolerance?:
 - a. Inability to hydrolyze lactose, the sugar in cow's milk
 - b. Abdominal bloating and cramps, flatulence, diarrhea, nausea or vomiting after consuming lactose / dairy products
 - c. Immune reaction against the protein in cow's milk
 - d. a and b
 - e. All of the above
3. The prevalence of cow's milk protein allergy (CMPA) in US children:
 - a. It is one of the most common food allergies in infants
 - b. Estimated in 1.9% of children in the US
 - c. It is not relevant in children in the US, because the percent affected is so low
 - d. a and b
 - e. All of the above
4. True or False?
 - a. Up to 70% of milk allergic children can tolerate baked milk (i.e. baked into a muffin), and this can help accelerate tolerance to unheated/unbaked milk protein.
5. The following are clinically proven options for the dietary management of cow's milk protein allergy in infants and children:
 - a. Hypoallergenic, extensively hydrolyzed formula
 - b. Partially hydrolyzed formula
 - c. Hypoallergenic, amino acid-based formula
 - d. Soy protein formula
 - e. a and c
 - f. All of the above

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