

Popular scientific project description for project funded by Ekhagastiftelsen

Popular scientific project description is to be submitted within 2 months of project grant.

Application number:	2021-94
Project title:	Effect of a healthful diet on gut permeability and allergic symptoms in children with peanut and/or nut allergy: The DIAMETER study
Receiver of grant (name, address):	Dr. Berber Vlieg-Boerstra, OLVG Hospital Department of Paediatrics, OLVG Oost, PO Box 95500, 1090HM Amsterdam The Netherlands
Contact / project manager:	Michel Kraima, OLVG Hospital Department of Paediatrics PO Box 95500, 1090HM Amsterdam The Netherlands
Project start (yyyy-mm-dd): *	01-01-2022
Project end (yyyy-mm-dd): *	30-6-2024
By Ekhagastiftelsen granted sum:	920.000 SEK

Project description: (max 150 words)

Peanut and nut allergy may be severe and life threatening. Some patients with peanut or nut allergy react to very small amounts, while others react to higher doses. Reactions to small amounts may be explained by increased gut permeability.

In this project, in 110 children with peanut or nut allergy (4-12 years), we will study the effect of a 3 months healthful diet on top of a peanut or nut free diet (55 children) on improvement of gut permeability, coexisting allergic symptoms (eczema, asthma and rhinitis), gut symptoms and quality of life, as compared to the effect of a peanut or nut free diet alone (55 children).

The healthful diet consists of minimally processed foods and ample fermented, organic and plant-based foods. Gut permeability is measured by sugar absorption test.

As around 20% of the population suffers from any kind of allergic disease our study is relevant for many patients.

* Dates for project start and end should be the dates for which the grant is received (Not dates for total project if longer than period for which grant is received)