

## Mediterranean Diet Evidence Points To Less Allergies For Children

Scientists and doctors have arrived at a new theory that may help many mothers fight their children's allergies before they are even born. Evidence found that mothers who consumed foods rich in Omega-3 fatty acids, antioxidants and olive oil could lessen their child's potential for developing allergies after birth.

The studies observed that a child's diet had little impact on the prevention of allergies - however, foods the mother ate during pregnancy seemed to have a direct connection to allergy development in their children before seven years of age.

The studies conducted in the island of Menorca followed 500 mothers through six years. The studies followed both mothers who had diets rich in oil and fish and those who had poor diets. The results revealed that children born after a fish-and-oil diet during pregnancy had a 45 percent lower risk of developing most common allergies.

These studies found that mothers who ate diets rich in red meat had an opposite result. Their children's risks for developing a range of allergies were increased.

These studies are not without controversy, and many American physicians are sceptical of their validity.

However, this diet should not be overlooked when mothers are deciding which diet to follow during pregnancy. Australian physicians and scientists are tentatively excited about the finding and many believe the theory that a mother can influence her child's health, including potential for allergies, was entirely plausible.

Menorca, where the trials were conducted, is the second in size of the Balearic Islands. This destination is far quieter than neighboring Mallorca and offers far more family-friendly activities and attractions. The south side of the island offers plenty of beautiful beaches and resorts, while the northern parts of the island are mostly residential and consist of quiet fishing villages.

Visitors will find plenty of tourist information and a good number of centers dedicated to assisting travellers. The visitor has plenty to discover on Menorca. Annual festivals, art celebrations, sightseeing and general exploration await the curious visitor.

The island might be smaller than its neighbor Mallorca, but offers more beaches than several of the other islands combined. Menorca has been somewhat sheltered through the years and has avoided the mass commercialization that often comes with popular tourist destinations. As a result, the visitor will not be bombarded with schemes and 'tourist traps' as elsewhere. Menorca welcomes families and is known for providing wholesome activities and entertainment.

Many of the popular attractions while taking [holidays in Menorca](#) include such facilities as Es Freginal Park, known for its flower exhibits. Placa Alfons III is a plaza offering the finest in cafe culture, shops and a massive tourist information center. The Xoriguer Distillery makes several products, but is primarily known for its gin. Visitors are welcome to attend tasting events and are able to purchase the products made on Menorca.

Menorca also offers several amazing churches constructed at various times in history. Visitors are met with gorgeous Gothic architecture and intricately detailed decor that isn't found anywhere else in the world.

And of course Menorca food offers a great Mediterranean diet!

### About the Author

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