

## Nutrition Discussion Forum

### Dietary risk factors for the emergence of type 1 diabetes-related autoantibodies in 2½-year-old Swedish children – Reply by Wahlberg

We agree with Dr Boucher that several factors which might contribute to the risk of being affected by type 1 diabetes are still not known. Dr Boucher is interested in whether cod liver oil or vitamin D supplementation might decrease the risk of acquiring type 1 diabetes-related autoantibodies. We did not examine supplementation of vitamin D or cod liver oil in our recently published study (Wahlberg *et al.* 2006). However, we have investigated whether vitamin D supplementation during infancy is associated with diabetes-related autoimmunity in 7766 children at 2.5 years (Brekke *et al.* 2005). Although supplementation with vitamin A and D drops (AD-drops) or use of vitamin D-containing supplements during pregnancy was not associated with reduced diabetes-related autoimmunity at 2.5 years, we found that use of vitamin D-containing supplements during pregnancy was associated with reduced diabetes-related autoimmunity at 1 year (adjusted odds ratio 0.7 (CI 0.5, 1.0;  $P=0.03$ )). Investigating the contribution of vitamin D intake during infancy in relation to the incidence of type 1 diabetes might be interesting in certain groups normally deprived of sunlight or vitamin D supplementation. However, in Sweden most parents follow the recommendations from the well-baby clinics, which include sufficient supplementation. We do not

believe that the deprivation of vitamin D supplementation has a great impact on the rising incidence of type 1 diabetes in Sweden.

Jeanette Wahlberg  
Division of Pediatrics  
Department of Molecular and Clinical Medicine  
Faculty of Health Sciences  
Linköping University  
Sweden  
jeanette.wahlberg.topp@lio.se

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- Wahlberg J, Vaarala O & Ludvigsson J (2006) Dietary risk factors for the emergence of type 1 diabetes-related autoantibodies in 2½-year-old Swedish children. *Br J Nutr* **95**, 603–608.