

# Introduction of allergenic foods

## 8 MOST COMMON FOOD ALLERGENS

Shellfish



Eggs



Wheat



Tree nuts



Soy



Milk



Fish



Peanuts



## TIMING OF FOOD INTRODUCTION DURING WEANING

- Introduction to potentially allergenic foods **shouldn't be later than other complementary foods.**
- Babies that are not at higher risk of food allergy can be introduced to potentially allergenic foods at **around 6 months**. While babies at higher risk of food allergies may benefit from an earlier introduction (**4-6 months**).



- The European Food Safety Agency (EFSA) found **no evidence to indicate that introduction of allergenic foods before 6 months is harmful for the baby.**



Delayed introduction **does NOT decrease the risk** of developing food allergy, in fact, early introduction may even reduce the risk of food allergies.

## SYMPTOMS OF AN ALLERGIC REACTION

Symptoms can vary from child to child and, in some cases, from episode to episode in the same individual.



### Nasal

- Congestion
- Runny nose
- Watery eyes
- Sneezing



### Skin and mucosal tissue

- Hives
- Itching
- Redness
- Swollen lips, face or eyes



### Cardiovascular

- Weak pulse
- Tachycardia
- Change in skin color (pale, blue...)
- Dizziness



### Gastrointestinal

- Nausea
- Pain/cramps
- Vomiting
- Diarrhea



### Respiratory

- Coughing
- Throat tightness
- Shortness of breath

## RECOMMENDATIONS FOR THE INTRODUCTION OF ALLERGENIC FOODS

1

Start with complementary food and give your baby an **allergenic food once a few complementary foods are already tolerated.**

2

Introduce **one allergenic food** at a time **every 3-5 days.**

3

The **allergenic foods should be given at home.**

4

If there is **NO reaction**, gradually **increase the amount** over the next few days.

5

Once a **allergenic food is tolerated**, it should be **consumed regularly.**



Scientific evidence shows that **early exposure** to allergenic food **is a method to "educate" the immune system of the baby**, with the acquisition of tolerance to food and a lower incidence of allergies and atopic skin.

