

A Guide for Feeding Common Allergens to your Baby

Why introduce your baby to allergenic foods before their first birthday

- Feeding babies common food allergens before age 1 may prevent food allergies.
- Around 4-6 months of age, after your baby has tolerated a few low-risk foods (such as fruit, vegetables or grain cereal), you can start introducing allergenic foods, while continuing to introduce other low-risk foods.
- The top 9 allergens are: milk, wheat, soy, egg, peanuts, tree nuts, fish, shellfish, and sesame.

Advice and safety tips for introducing common allergens

- Only offer a new common allergen if your child is healthy (no cough, runny nose, fever).
- Offer foods in forms that are safe for your infant. For example, babies and young children should not be given whole peanuts or peanut butter, as these may be choking hazards. See safe examples below.
- If your child has a reaction to a food, seek medical attention.

How much and how often

- Research suggests that early introduction of peanut and egg may be most helpful for allergy prevention. The benefits for allergy prevention of other allergens are unknown.
- The order of introduction will be based on family choice and child's readiness. Consider introducing one allergen at a time.
- Offer allergens regularly in early childhood. Repeated exposure may be more important than how much and how often.

Food	Amount	How Often
Peanut	1-2 teaspoons of thinned (see instructions below) peanut butter/powder	2-3 times per week
Egg	1/3 well-cooked egg	2-3 times per week
Milk	plain, full-fat yogurt	2-4 fluid ounces per day
Wheat	¼ cup fortified infant wheat cereal, ¼ cup pasta, ½ slice bread, ¼ cup wheat breakfast cereal	1-2 times per day
Soy	2 tablespoons soft tofu, mashed or pureed edamame, unsweetened soy yogurt	2 tablespoons per week
Tree Nuts	1-2 teaspoons of thinned tree nut butter/powder (like almond, cashew, hazelnut, walnut)	3 teaspoons per week
Sesame	hummus or tahini	3 teaspoons per week
Fish & Shellfish	1 oz per serving	3 times per week

Schroer B, Groetch M, Mack DP, Venter C. Practical Challenges and Considerations for Early Introduction of Potential Food Allergens for Prevention of Food Allergy. *J Allergy Clin Immunol Pract.* 2021;9(1):44-56.e1

A Guide for Feeding Common Allergens to your Baby *continued...*

Baby-Friendly Ideas for Offering Allergens

PEANUT	
• Thin with puree or water: Add 2 teaspoons smooth peanut butter or peanut butter powder to 2-3 tablespoons of warm water, pureed fruit or vegetables. • Spread thinned peanut butter onto bread or crackers. • Bamba puffs: Can be used as a finger food or, for younger infants, dissolved in water.	
EGG	MILK
• Well-cooked egg mashed with pureed foods • Chopped and served as finger food • Pureed egg: 1 hard-boiled egg blended with 1 tablespoon water	• Plain, full-fat yogurt or cottage cheese mixed with pureed fruit or vegetable • Cow's milk should not replace breast milk or infant formula before age 1.
SOY	WHEAT
• Unsweetened soy yogurt • Pureed or smashed edamame • Cut tofu into safe shapes and eat alone or mixed with other foods	• Infant cereals, wheat breakfast cereals, whole wheat toast, pasta • Crackers for older infants • Iron-fortified cereals are recommended for breastfed infants
TREE NUTS (such as almond, hazelnut, walnut, pecan, cashew, pistachio)	SESAME
• Thin with puree or water: Add 2 teaspoons smooth nut butter or finely ground nut powder to 2-3 tablespoons of warm water, pureed fruit or vegetables. • Spread thinned nut butter onto bread or crackers	• Mix tahini into purees • Add hummus to bread, crackers or other finger foods
SEAFOOD	
• Cooked salmon and tilapia could be cut into small pieces and served as finger foods or pureed. • Canned light tuna can be spoon fed or lightly spread on toast or crackers. • Low-mercury options: cod, salmon, scallops, shrimp, tilapia, tuna, canned light tuna • Shrimp: shredded or chopped	