



## **Watching for allergies when starting solids**

### **Allergy symptoms**

Signs of food allergy may show up minutes or hours after your baby's first bite, but your little one may not react until they have had the food a few times. Watch your baby after they eat a new food for these symptoms and stop feeding it and call your doctor if you suspect an allergy.

- Their cry changes to become shrill or hoarse-sounding
- Persistent or excessive crying that only happens after eating certain foods
- Vomiting
- Diarrhea
- Runny nose, congestion, cough or sneezing
- Difficulty breathing (Call your doctor right away!)
- Skin irritations such as rashes and hives

### **When to check with the doctor first**

- Your baby has severe atopic dermatitis, an allergic skin rash, and it is poorly controlled.
- They have recently reacted to other foods.

- A sibling has a peanut allergy.
- Your baby has a diagnosed food allergy.

## **Introducing foods with common allergens**

Avoiding the common allergens beyond 4-6 months is no longer encouraged. Now experts recommend offering common food allergens - in developmentally appropriate forms - before your baby's 1st birthday. New research suggests that introducing allergenic foods at the right time may help reduce your baby's risk of developing an allergy.

### **Foods most likely to trigger an allergic reaction:**

- Milk
- Eggs
- Peanuts\*
- Tree nuts (such as almonds, cashews, walnuts)\*
- Fish (such as bass, cod, flounder)
- Shellfish (such as crab, lobster, shrimp)
- Soy
- Wheat

### **Tips on how to introduce these foods:**

- Wait until several other foods have been added to their diet.
- Try foods most likely to cause a reaction at home, rather than at a daycare or restaurant. In some cases, particularly with peanut products, the reaction occurs the first time the baby is exposed.
- Offer your baby a small amount the first time a new food is given.
- If your baby doesn't react, slowly increase the amount you offer them.

- Wait 3 to 5 days after feeding one food until you introduce another, to make it easier to pinpoint where the allergy is coming from.
- Make sure the foods are in a developmentally appropriate form.

Following the doctor's advice about introducing new foods may help your baby have a safer, happier start to their feeding journey.

\*Peanuts and tree nuts should never be introduced until you have the okay from your baby's doctor due to the risk of aspiration; however, developmentally appropriate peanut-containing products may be introduced earlier.