

Introducing Common Food Allergens

Research shows that introducing common food allergens during the first year of life can lower a child's risk of developing allergies to those foods.



Common food allergens and ways to serve:^{1,2}



Peanut

2 tsp peanut butter with 2-3 Tbsp puree



Wheat

¼ cup Gerber Multigrain Baby Cereal



Egg

1-2 tsp scrambled eggs



Fish

1-1.5 tsp small pieces of cooked fish, like salmon or tuna



Cow's Milk

2-4 oz yogurt



Shellfish

1-2 large shrimp, well-cooked, finely chopped, and mixed into soft, scoopable food



Tree Nuts

2 tsp nut butter with 2-3 Tbsp puree



Sesame

2 Tbsp hummus or 2 tsp tahini paste



Soy

1-2 tofu strips

Top Tip!

After introducing common food allergens to your baby, it's important to include them in their diet regularly. Make sure these foods are a consistent part of their meals.

What are the symptoms of an allergic reaction?



Mild Food Allergy Symptoms

- A few hives or mild itch on the skin
- Itchy or runny nose or sneezing
- A new rash
- Itchy mouth
- Mild nausea or stomach discomfort



Severe Food Allergy Symptoms

- Hives or rash covering large areas of the body
- Any difficulty breathing
- Swelling of lips, tongue, eyes or part of the face
- Coughing repeatedly or wheezing
- Continuous spitting up or vomiting
- Sudden change in skin color
- Sudden tiredness/lethargy/seeming limp



IMPORTANT: Call 911 or seek immediate medical attention if your baby experiences a severe food allergy symptom. These symptoms can be life-threatening.

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