

How to manage the risk of food allergies

Some foods are more likely to cause allergies.

Here are the main foods that can trigger allergies (allergenic foods)

- Peanuts
- Wheat and triticale
- Seafood (shellfish)
- Sesame seeds
- Cow's milk
- Mustard
- Nuts
- Eggs
- Fish
- Soy

You can introduce allergenic foods **at the same time as other foods**. Babies who are exposed to these foods early are at lower risk of food allergies.

How to introduce allergenic foods

- 1 Offer one new allergenic food at a time.
- 2 Offer the same food for 3 days before offering a new one. This will make it easier to identify the cause if Baby has an allergic reaction.
- 3 Once allergenic foods have been successfully introduced, keep offering these foods every week. This will help Baby's body get used to the food and decrease the risk of developing an allergy later on.

When introducing allergenic foods, keep a close eye on Baby in order to quickly detect an allergic reaction.

Make sure Baby stays awake for 2 hours after eating an allergenic food, so you can watch for an allergic reaction.

Call 911 if Baby has several of these symptoms or if baby seems to have trouble breathing.

Here are a few possible signs of an allergic reaction

- **Swelling** of the face, lips or tongue
- **Hives**, welts or a rash on the body
- Sudden crying and **irritability**
- Difficulty swallowing and breathing; **noisy breathing**
- Projectile **vomiting**, recurring **diarrhea**

Allergy symptoms usually appear quickly after eating an allergenic food. However, a reaction can be triggered up to 2 hours after eating.

If you think Baby may be showing signs of an allergic reaction, stop giving the food you suspect and see your doctor.