



How to Help Prevent Food Allergies

- While all children cannot be prevented from having allergies, there are recent guidelines on introducing allergens to babies.
- For many years, experts were recommending that babies avoid eating allergenic foods such as peanut in order to prevent food allergies.
- Recent research shows that introducing food allergens early in weaning can actually reduce the risk of developing an allergy for that food
- In fact, delaying the introduction of these foods may increase your baby's risk of developing allergies
- Once your baby has gotten the hang of eating solid foods, you can start introducing common food allergens.
- Introduce a little of the new food, 1 new food at a time and note any reactions.
- Most food allergies in children are caused by 8 food groups: **dairy, eggs, peanuts, tree nuts, soy, wheat, fish and shellfish.**
- Once you offer these foods, it's important to continue to offer them on a regular basis, if there is no negative reaction.

Thankfully food allergies are rare but if you notice any of the following after your baby eats a new food, please seek medical help: **swollen throat, wheezing or shortness of breath, swollen lips, sore, red and itchy eyes Also rash, diarrhoea or vomiting, a cough, itchy skin, runny or blocked nose.**



Introducing Peanuts

Many scientists now believe that by repeatedly exposing the baby's immune system to peanut at an early age, their body learns to tolerate the peanut proteins.

Research has shown that regular peanut consumption began in early infancy and continued until age 5 significantly reduced the rate of peanut allergy, compared to children who avoided peanuts, as shown by the LEAP (learning early about peanut allergy) study in the UK.

Specific guidelines for introducing peanuts to babies, graded by risk, including those at high risk (with severe eczema, egg allergy or both) are now available. Always consult your GP first.

Sources:

Clinical trials investigating how to best prevent Peanut Allergy by The LEAP Study at King's College London

Food allergy vs. food intolerance: What is the difference and can I prevent them? By the Canadian Paediatric Society

Prevention of Allergies And Asthma In Children by American Academy of Allergy, Asthma & Immunology

Tips for Introducing Food Allergens to Your Baby by Strong4Life (Children's Healthcare of Atlanta)