

FOOD ALLERGIES AND YOUR BABY

What is a food allergy?

A food allergy is when the body has a negative reaction to a specific food.

What are signs of a food allergy?

- red or itchy skin
- diarrhea or stomach pains
- itchy ears or mouth
- breathing difficulty or wheezing

SEE A DOCTOR IMMEDIATELY

What are the most common foods that can cause food allergies?



- peanuts
- tree nuts
- milk
- eggs
- wheat
- soy
- fish
- shellfish



NO honey or cow's milk until 1 year

How can I help prevent food allergies?

Slowly introduce wheat, egg, soy, and fish into your baby's diet after your baby has started eating a few solid foods. Solids should wait to be introduced between 4 and 6 months of age. When giving a food for the first time, wait 3-5 days before starting a new food.

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