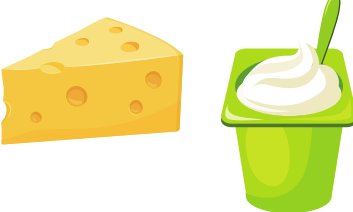

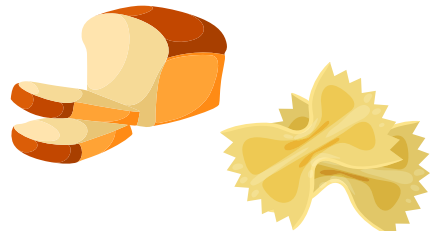
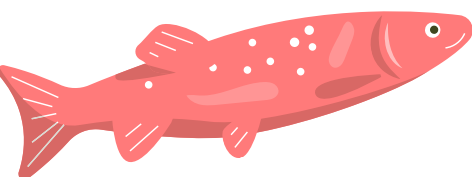


Introducing Allergenic Foods

(And preventing food allergy!)

<p>Please help us improve our food introduction tool! To participate in our study, scan the QR code with your mobile phone camera.</p> 	<h2>Examples</h2> <p>See more tips on the next page!</p>	<h2>Day 1</h2> <p>Tip of teaspoon (pea-sized) ↓ Wait 15 minutes 1/4 teaspoon</p>	<h2>Day 2</h2> <p>1/4 teaspoon ↓ Wait 15 minutes 1-2 teaspoons</p>	<h2>Day 3</h2> <p>Optional Any amount!</p>
		✓	✓	✓
 <h2>Egg</h2>	<ul style="list-style-type: none"> • Hard boiled egg • Scrambled egg (well cooked) • Egg in pancake 			
 <h2>Peanut</h2>	<ul style="list-style-type: none"> • Peanut butter • Ground peanut • Bamba puff 			
 <h2>Cow's milk</h2>	<ul style="list-style-type: none"> • Yogurt • Grated cheese • Baked goods 			
 <h2>Tree nuts</h2> <ol style="list-style-type: none"> 1. Almond 2. Cashew OR pistachio 3. Walnut OR pecan 4. Hazelnut 	<ul style="list-style-type: none"> • Nut butter • Ground nut • Nut milk <p>TIPS: - Try each nut individually first. - Once tolerated can mix/grind together</p>	Almond		
		Cashew/pistachio		
		Walnut/pecan		
		Hazelnut		
 <h2>Sesame</h2>	<ul style="list-style-type: none"> • Tahini • Hummus 			
 <h2>Soy</h2>	<ul style="list-style-type: none"> • Tofu • Edamame • Soy milk/formula 			
 <h2>Wheat</h2>	<ul style="list-style-type: none"> • Bread • Pasta • Crackers • Baked goods 			
 <h2>Fish</h2>	<ul style="list-style-type: none"> • Salmon • Cod • Tuna • Halibut 			
 <h2>Shellfish</h2> <ol style="list-style-type: none"> 1. Crustacean 2. Mollusk 	<p>Crustacean: shrimp, prawns, crab, lobster Mollusk: clam, mussel, scallop, oyster, squid</p>			

****Once in the diet, continue to give 2-3 times weekly to maintain tolerance!****

Introducing Allergenic Foods

Tips & Tricks

WHY?

The 2 most important ways to prevent food allergy:

- 1) Start EARLY: Introduce more allergic foods early (page 1)
- 2) Give REGULARLY: Continue to give 2-3 times every week

When to start? The Canadian Pediatric Society recommends introducing allergens to infants at around **4-6 months**, whenever solids are first introduced

How should I prepare these foods?

- Offer textures that are safe for your baby. At 4-6 months, you can offer foods with a semi-solid texture (e.g. lumpy, tender-cooked and finely minced, pureed or ground)

Preventing irritation reactions

- Babies with sensitive skin will often get red around the mouth or in areas where the food touched even if they are not allergic to the foods. Apply a skin barrier (i.e. petroleum jelly) around the mouth prior to eating to prevent food from touching the skin
- DO NOT first rub the food on your child's cheek or lip - this will often cause an irritation reaction, even if they aren't allergic!



Peanut & Tree Nuts

Ideas for specific foods

- Blend a 1:1 ratio of breast milk/warm water to peanut butter or tree nut butter. Mix until smooth with no lumps.
- Grind peanut or desired tree nut into a fine powder and mix with breast milk/warm water, or other pureed food.
- Peanut puffs (Bamba) can also be used. Moisten if under 7 months.

- Blend or mash a hard-boiled egg (white and yolk) with a fork. Add a few teaspoons of breast milk or warm water to moisten.



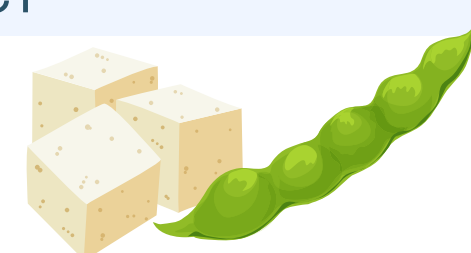
Egg



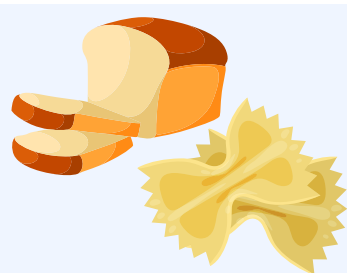
Milk

- If your baby is using a cow's milk formula, they are already being exposed.
- Try yogurt or grated cheese
- Note: Many baby cereals contain milk - 'skim milk powder'

- Try medium/soft tofu, or steamed/pureed edamame
- Note: soy sauce does not contain enough soy protein



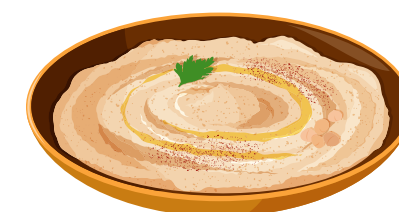
Soy



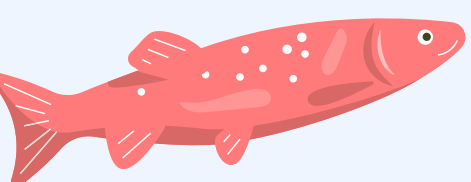
Wheat

- Baby cereals containing "wheat flour" (avoid those with "skim milk powder" unless your baby is tolerating dairy)
- Other ideas: Cooked soft pasta, wheat puffs, pancakes, muffins

- Hummus or tahini
- Note: sesame oil/seeds do not contain enough protein



Sesame



Fish

- Small pieces/flakes of soft, cooked fish (make sure bones removed)
- Can blend steamed fish with other vegetables

- Steamed shrimp, cut into tiny pieces or blended with a vegetable puree
- Focus on one crustacean (shrimp, prawns, crab, lobster) and one mollusk (clam, mussel, oyster, scallop, squid)



Shellfish