

EARLY INTRODUCTION FOR PREVENTION (OTHER COMMON FOOD ALLERGIES)

Start introducing allergenic foods early to reduce allergy risk! Waiting won't prevent food allergies!

Like learning to read, *early and often is best!*



There is no evidence that delaying introduction of allergenic foods, beyond when other complementary foods are introduced, helps to prevent food allergy.

Introduce infants to potentially allergenic foods along with other complementary foods.

COMMON FOOD ALLERGENS

- peanut
- milk
- egg
- soy
- sesame
- tree nuts
- shellfish
- fish
- wheat

2 tsp, 3x per week



Citation: U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).



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EARLY INTRODUCTION FOR PREVENTION (PEANUT ALLERGIES)

Start introducing allergenic foods early to reduce allergy risk! Waiting won't prevent food allergies!

Like learning to read, *early and often is best!*

WHEN?

Most Babies?

Introduce peanut-containing foods alongside other foods around 6 months and before 12 months.

High-Risk Babies?

(Has severe eczema, egg allergy, or both)

Introduce peanut-containing foods alongside other foods between 4 and 6 months.

HOW?

How Much?

2 teaspoons

How Often?

3 times per week



Mix thinned smooth peanut butter or peanut powder with breast milk, infant formula, hot water, cereal, yogurt, or pureed fruits/veggies to introduce peanuts to your baby.



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