



INTRODUCING COMMON FOOD ALLERGENS TO INFANTS

WHAT IS A FOOD ALLERGY?

A food allergy is present when the body's immune system mistakes a food item for a harmful substance.

WHICH FOODS CAUSE FOOD ALLERGIES?

While any food can cause an allergic reaction, the 9 most common causes are:

- Fish
- Milk
- Eggs
- Wheat
- Soy
- Sesame
- Tree Nuts (cashews, walnuts, etc.)
- Peanuts
- Shellfish

Allergies to milk, eggs, soy, and wheat are often outgrown; however, peanut, tree nut, and fish allergies typically last. Shellfish allergies may start later in childhood or adulthood.

WHAT ARE THE COMMON SYMPTOMS OF A FOOD-ALLERGIC REACTION?

- Vomiting
- Diarrhea
- Bloody stools
- Abdominal cramping
- Trouble breathing
- Swelling of the lips, face, tongue/throat or other parts of the body
- Tingling or itching in the mouth
- Hives
- Eczema (with other symptoms listed here)

Redness around the mouth can be common when introducing citrus fruits or tomatoes, and can be normal. If redness lasts for more than 1 hour or is accompanied by other symptoms listed above then it might indicate a food allergy.

Symptoms usually start within minutes after eating the allergenic food and can last more than two hours (although rare). Often times symptoms are just uncomfortable, but some people may have severe, life-threatening reactions.

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