





Preventing food allergies with introduction during your baby's first year

STRONG⁴LIFE



The best way to decrease your child's risk of developing a food allergy is introducing common allergens into their diet early. You can introduce these foods once your baby starts solids—at around 6 months.* The recommendations listed below are based on current research; however, it's OK if your baby doesn't eat the full suggested amount. Trust their hunger and fullness cues and know you can always try offering again.






FOOD TYPE	HOW TO INTRODUCE	HOW MUCH TO OFFER
Offer when your baby is around 6 months old*		
 <p>Peanut</p>	<p>Offer creamy peanut butter, or powdered peanut butter, mixed with a food your baby likes, like a ripe banana or infant oatmeal. You can also use breastmilk or infant formula to thin the mixture.</p> <p>Safety note: Don't offer chunky peanut butter or whole peanuts—these are choking hazards. Ensure peanut butter doesn't contain honey.</p>	2 teaspoons
 <p>Egg</p>	<p>Offer egg mashed with purees, breastmilk or formula, or in bite-sized pieces if your baby is eating finger foods. Scrambled eggs can be tricky at first, so we recommend starting by hard boiling and mashing an egg.</p>	1/3 of a well-cooked egg
 <p>Milk</p>	<p>Offer plain, unsweetened, full-fat yogurt. You can mix with your baby's favorite puree.</p> <p>Safety note: Cow's milk is not a recommended substitute for breastmilk or formula in your baby's first year.</p>	2 tablespoons
 <p>Wheat</p>	<p>Offer infant wheat cereal, or whole-wheat toast or pasta.</p>	2 tablespoons

Once you introduce a potential allergen (if you don't recognize any signs of reaction), continue to offer that food frequently as part of your family's regular diet. You don't have to stick with a strict schedule, but it's important for your baby's immune system to "remember" these foods.

Your baby may be ready for solid foods if they:

- Have good head and neck control
- Can sit up in a high chair without slumping over
- Show interest in food (e.g., lean toward food, open their mouth for food, reach for a spoon)
- Can close their mouth around a spoon and move food into their mouth

*If your baby has a known egg allergy or severe eczema, you may want to introduce potential allergens earlier—around 4 months. Talk with your pediatrician for more guidance.

FOOD TYPE	HOW TO INTRODUCE	HOW MUCH TO OFFER
Aim to offer by the time your baby is 9 months old		
	Offer pureed tofu or plain, unsweetened soy-based yogurt.	2 tablespoons
	Offer a variety of low-mercury fish, like salmon or tilapia. You can puree fish and mix it with one of your baby's favorite foods. Breastmilk or formula can also help thin the mixture.	1 ounce
	Offer a variety of shellfish with minimal added seasonings or salt. Mash or cut into bite-sized pieces depending on your child's developmental stage.	1 ounce
	Offer hummus, which contains tahini (sesame paste).	3 teaspoons
	Offer a variety of smooth nut butters, like cashew, pecan or walnut without added sugar. You can thin nut butter using breastmilk or formula. Safety note: Don't offer chunky nut butter or whole nuts—these are choking hazards. Ensure nut butter doesn't contain honey.	3 teaspoons

Once you introduce a potential allergen (if you don't recognize any signs of reaction), continue to offer that food frequently as part of your family's regular diet. You don't have to stick with a strict schedule, but it's important for your baby's immune system to "remember" these foods.

Your baby may be ready for solid foods if they:

- Have good head and neck control
- Can sit up in a high chair without slumping over
- Show interest in food (e.g., lean toward food, open their mouth for food, reach for a spoon)
- Can close their mouth around a spoon and move food into their mouth

For more information, visit Strong4Life.com/Food-Allergy.

