

THE PREVENTION OF ALLERGIES IN INFANTS

Nourrir.
la Vie
LA RÉFÉRENCE EN NUTRITION PRÉNATALE, DE LA GROSSESSE AU NOURRISSON


dispensaire
diététique de Montréal

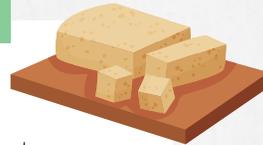


Visit the website Nourrir la Vie for more details

THE MAIN FOOD ALLERGENS

They are responsible for 90% of allergic reactions:

- Eggs
- Milk and dairy products
- Peanuts
- Nuts (almonds, cashews, pistachios, etc.)
- Soy (tofu, soy beverage, etc.)
- Fish and seafood (crustaceans, molluscs)
- Wheat and its varieties (bulgur, kamut, spelt, triticale)
- Sesame
- Mustard



A food allergy is an abnormal immune system response that occurs in some people when the body comes into contact with a normally harmless food.

SIGNS AND SYMPTOMS TO LOOK FOR IN BABIES

It is particularly important to look for these signs and symptoms when introducing foods:

- Hives or red, swollen patches
- Itching
- Irritability
- Blood in the stool
- Diarrhea
- Difficulty breathing or wheezing
- Swelling of the tongue or lips
- Vomiting



THE CHILD IS MORE LIKELY TO HAVE A FOOD ALLERGY:

If one of their parents or siblings has a food allergy, eczema, asthma or hay fever.

If the child already has a food allergy or an allergic condition (e.g. eczema).

PREVENTION



Avoiding allergens during pregnancy and breastfeeding does not prevent the development of allergies in babies.



Offering allergens early in the introduction of solids can help prevent food allergies



So when the baby shows signs of readiness:

- Sitting in a high chair without support for the duration of the meal (15 to 20 minutes)
- Good head control

These signs usually appear around 6 months of age. They do not appear before 4 months.

STEPS TO FOLLOW WHEN INTRODUCING FOOD ALLERGENS

- Introduce **only one** allergenic food at a time, in **small** amounts
- Offer the same allergen for **2-3 consecutive days**
- **Wait 2-3 days** before introducing a new allergen
- Offer the allergen in a safe and appropriate form and texture for the baby
- Monitor symptoms
- If the child has no reaction, give the allergen regularly to maintain tolerance (2-3 times per week)

FOR EXAMPLE:

