

Introducing food allergens one at a time

Peanuts

Peanuts are a legume, not a nut. Whole peanuts and peanut butter should not be given as is to prevent choking.

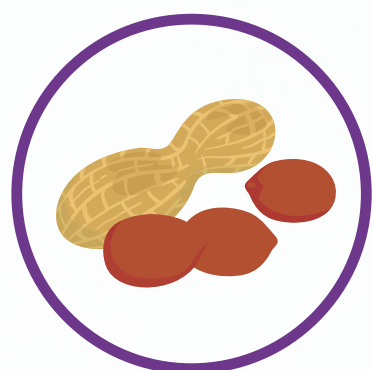
Suggestions



Mix 1/2 teaspoon peanut butter with pureed fruit or water.



Spread a thin layer of peanut butter on a piece of toast, then cut it into strips.



Eggs

Yolks and whites can be introduced at the same time. Eggs should be well cooked.

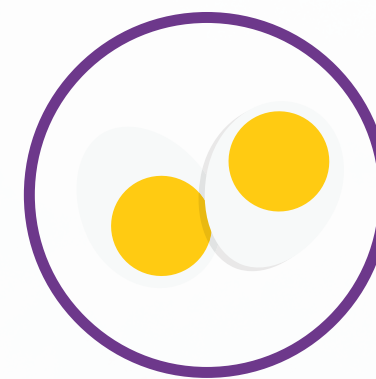
Suggestions



Mix 1 teaspoon hard-boiled egg with a little water, breast milk, commercial infant formula (CIF), pureed fruit or baby cereal.



Beat together an egg and a little water, breast milk or CIF and cook it in the form of an omelette. Cut in strips.



Fish and seafood

Fish and seafood should be well cooked. Each type of fish and seafood should be offered separately.

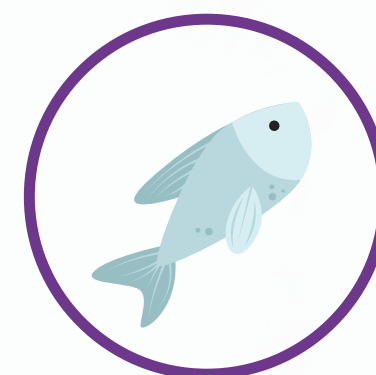
Suggestions



Mix well-cooked fish with a little water, breast milk, CIF or pureed vegetables.



Offer a well-cooked, tender piece of fish or add the fish to a nugget recipe that does not contain any other new allergens.



Wheat

Wheat is found in certain types of baby cereal, bread and pasta and can be hidden in prepared foods.

Suggestions



Offer wheat-based baby cereal.



Offer cooked pasta or a piece of toast.



Soy

Soy can be given as tofu, soybeans or edamame.

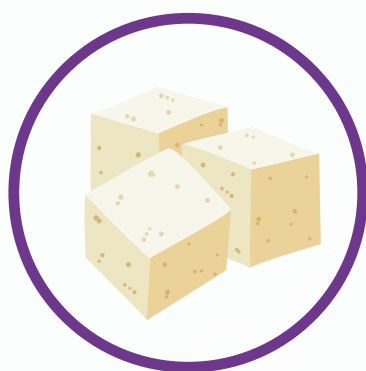
Suggestions



Mix silken tofu with pureed fruit or crumbled firm tofu with pureed vegetables.



Offer cooked and seasoned tofu fingers or add tofu to a nugget recipe.



Sesame

Tahini (sesame butter) should not be offered by the spoonful because it is too sticky.

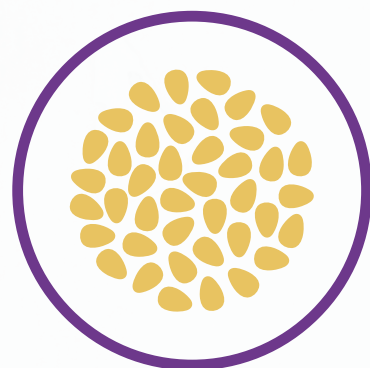
Suggestions



Add a very small amount of tahini to pureed vegetables or legumes.

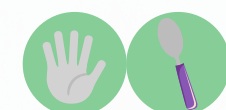


Spread a thin layer of hummus containing tahini on a piece of toast.



Mustard

Mustard can be hidden in some prepared foods, especially if the word "spices" is listed in the ingredients.



Add mustard powder or prepared mustard to pureed vegetables or meats, or in a recipe.



Noix

Whole nuts and nut butter should not be given as is. Each type of nut (pecans, cashews, pistachios, etc.) should be introduced separately.

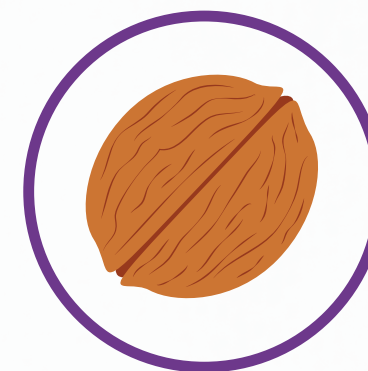
Suggestions :



Grind the nuts into a powder and mix with pureed fruit or baby cereal.



Spread a thin layer of nut butter on a piece of toast. Cut into strips.



Milk and dairy products

Milk should not be given before age 9 to 12 months, unless a small amount is added to a recipe. Cheese and yogurt can be introduced once baby is eating iron-rich foods regularly.



Offer plain yogurt as is or mixed with pureed fruit.



Add ricotta cheese, yogurt or milk to a pancake or waffle recipe.



Eat with fingers



Eat with a spoon