

Preventing Food Allergies in Infants at Increased Risk (e.g., Eczema, Asthma, Allergic Rhinitis)



Important Notes for Introducing New Allergenic Foods

- Prioritize introducing foods that are eaten at home and part of the family diet.
- Start with a small amount (e.g., a tiny bite or a sip) before trying a little bit more (e.g., 1/8-1/4 teaspoon) around 15-20 minutes later.
- If there are no reactions, the food should then be incorporated into the diet regularly (e.g., at least a few times a week if possible) to help reduce the chance of allergy in the future.
- Allow at least 3-4 hours between each new food that is introduced.
- If there are any reactions, do not give any more of the food until you speak with your allergist. See “Helping to Reduce Food Allergies in My Infant” handout to review signs of an allergic reaction.
- If your child already has a confirmed food allergy to peanuts or tree nuts, avoid purchasing foods from the bulk bin as there is a high risk of cross-contamination with other nuts.
- Visit healthlinkbc.ca/pregnancy-parenting for more information on why early introduction to foods is important.

Please flip over for a guide citing some common allergenic foods for future use. Items may be purchased in bulk and frozen, diluted or pre-portioned. With the notable exceptions of pecan/walnut and cashew/pistachio, the grouped examples are distinct, and should be introduced separately and eaten regularly. Common allergenic solids are found in a variety of pre-prepared snack items that may be easier options for families.

NOTE: To reduce choking hazards, ensure foods are offered in a texture safe for infants and young children under 4 years of age. For example, when introducing nuts, they should be finely chopped or ground into a powder.

Adapted from: Food Introduction Handout
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Seafood (fresh/processed)

*NOTE: Check for bones. Pieces should be well-cooked, finely minced or shredded.

Fish:

- cooked (baked/steamed) or canned cod, halibut, salmon, tilapia, tuna
- fish cakes, soups
- in dumplings, pastes (e.g., anchovy)

Shellfish (crustacean + mollusk):

- crab, lobster, prawn, shrimp
- crab cakes
- dried shrimp
- scallop, clam, mussels
- shrimp/prawn crackers
- smoked oysters
- in dumplings, pastes, sauces (e.g., oyster)

Wheat

- baked goods (e.g., cookies)
- cereals
- crackers
- pasta
- roti
- some tortillas
- toast

Tree nuts (crushed/processed)

*NOTE: Nut butters should be smooth and spread thinly on toast or crackers.

All:

- ground mixed nuts
- mixed nut butters

Almond:

- almond butter, flour, milk, syrup
- marzipan

Brazil nut:

- mixed nut butter

Cashew + pistachio:

- cashew milk
- some kale chips

Hazelnut:

- hazelnut milk, spreads

Macademia nut:

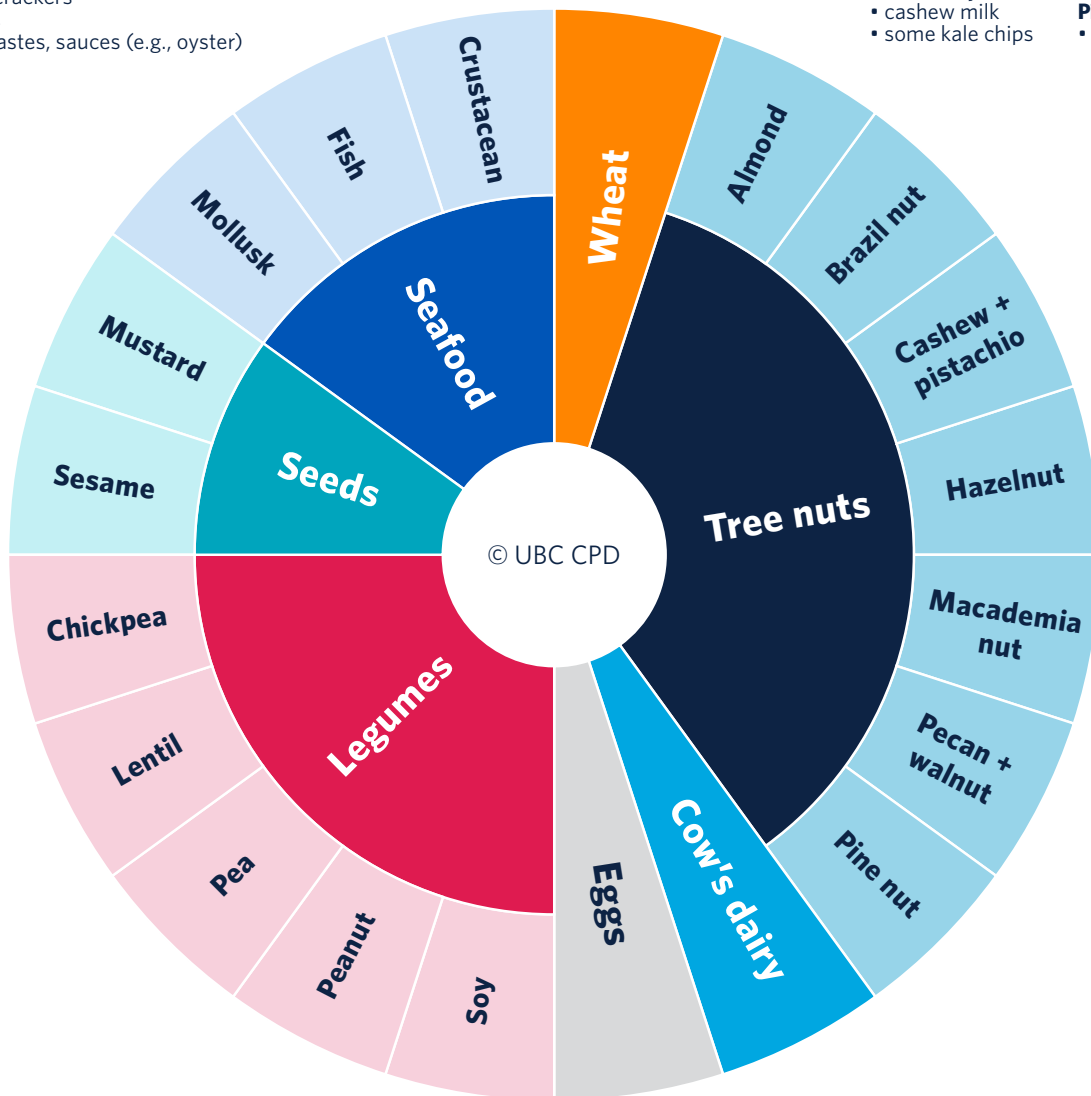
- cookies
- macademia nut milk

Pecan + walnut:

- mixed nut butter
- pecan pie

Pine nut:

- pesto



Seeds

Mustard:

- Dijon, English, whole grain, etc.
- dressings, powder, sauces

Sesame:

- cocoa and tahini
- in desserts, hummus, sweets

Legumes (cooked/package)

*NOTE: Texture should be mashed.

Chickpea:

- chickpea chips, crackers, flour
- in hummus, pasta

Lentil:

- lentil crackers
- in dahl, stews

Pea:

- in plant-based meat/milk, protein bars

Peanut

- boiled in soup
- peanut butter
- in candies, sauces

Soy:

- (dessert) tofu
- edamame
- tempeh

Eggs

- crepes, pancakes, waffles
- egg noodles
- diced/mashed, hard-boiled, scrambled

Cow's dairy

- baked goods (e.g., cheese crackers)
- cheese (cottage or hard)
- ice cream, yogurt