

# Food Allergies



## HOW CAN I TELL IF MY CHILD HAS FOOD ALLERGIES?

Allergies can be confusing. An allergy means that a child is extra sensitive to something they've touched, eaten, or even breathed. That "something" can be anything! Allergies run in families, but even a baby with no family history can have reactions.

## YOUR BABY MAY HAVE ALLERGIES IF YOU NOTICE ANY OF THE FOLLOWING:

- Eczema, hives, or other skin rash
- Vomiting
- Diarrhea
- Blood in their poop
- Wheezing
- Itching or swelling of the lips, tongue, mouth, or throat
- Difficulty breathing or swallowing

These are all signs of a possible allergy. **If your child cannot breathe, call 911.** If your child has other symptoms, call their pediatric primary care provider to check in. Introduce new foods one at a time and wait several days between to watch for reactions. If you notice any, stop the food right away and consult with your child's provider for help with an eating plan.

The most common food allergies include:

- Eggs
- Milk
- Peanuts
- Fish
- Tree nuts (cashews, pistachios, pecans)
- Wheat

### **HOW CAN I TELL IF MY BABY IS ALLERGIC TO MILK?**

Adults with this allergy usually have loose and/or bloody stools after drinking milk or eating cheese, etc. Infants may show the same symptoms because milk protein can get into breast milk. Some formulas also contain dairy. Infants with this allergy may have a stuffy nose or a rash on their face that doesn't go away. Your child's provider can help you figure out if these symptoms are related to a milk allergy. Talk to your child's provider before changing formula. Babies with milk allergies may outgrow them. Even so, only offer milk to baby again with support from their provider.

### **WHAT ABOUT INTRODUCING PEANUTS?**

Work closely with your baby's provider to plan how best to introduce peanuts. Never give a baby whole peanuts, as they can choke on them. Most babies can be carefully introduced to peanut products at about 6 months old (if your provider agrees). This reduces the risk of peanut allergy. Children with eczema or other known allergies may benefit from earlier exposure to peanuts. However, this might require allergy testing first. Another approach is to give your baby peanut products for the first time *at* the pediatric office. Ask your provider about this option.

SCAN FOR MORE INFO

