

# Tips for Childhood FOOD ALLERGIES

Help your child by safely introducing new foods, watching for signs of food allergies and knowing when to call your health care provider.

## Most common food **ALLERGENS**



Soy



Cow's milk



Fish



Eggs



Peanuts



Shellfish



Wheat



Tree nuts



Sesame

## Introduce foods **SAFELY**



Give your baby common food allergens after they have started solids—usually around 6 months of age—and before they turn 1 year.

### Feeding tips:

- Give only small amounts of one new food at a time.
- Wait 3 to 5 days between new foods.
- Watch your baby for signs of a reaction. Be cautious until after your baby has safely eaten the food 3 times.
- If your baby does not have a reaction to the common food allergens, continue offering these foods as part of their regular diet.

# Watch for these **SIGNS**

Allergic reactions usually occur within 2 minutes to 2 hours of eating food.



Breathing problems



Dizziness



Swelling of face,  
tongue or lips



Skin problems:  
rash, hives or itching



Vomiting, cramps  
or diarrhea

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*If your child is having two or more of the above signs,  
has trouble breathing or loses consciousness,  
they may be experiencing a life-threatening reaction.*

**Call 911 and get medical help right away.**

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## ***Know your risk and get support***

A family history of allergies, asthma or other conditions may put your child at an increased risk of having food allergies. Talk with your health care provider to learn more.

If you are breastfeeding, talk to an allergist, WIC dietitian or lactation consultant to determine if you need to make changes to your diet. WIC can provide support for feeding your child safely.



SCAN ME

Scan the QR code  
to learn more about  
food allergies.



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