

Introducing Allergenic Foods



Introduce allergenic foods in safe, age-appropriate forms early in the complementary feeding period.

This is particularly important for high-risk babies, for example, with a family history of allergies or eczema - early introduction may help reduce the risk of food allergies.



Animal milk
(small volumes mixed into other foods like cereals)

Smooth peanut butter thinned into porridge or yoghurt
(if commonly eaten in your culture)

Well-cooked egg
(mashed or in soft pieces)

Introduce allergenic foods

one at a time, in small amounts, and in safe textures. If your baby has severe eczema or a strong family history of allergy, seek professional advice first.

