

## Questions about food allergy prevention for babies:

### ● How do I know early allergen introduction can work to prevent food allergies?

There were three landmark clinical studies that were the basis for the new USDA and medical guidelines. These studies showed that early allergen introduction starting at 4 months of age could reduce the the risk of food allergies in babies by up to 80%.

### ● Isn't breastfeeding enough to introduce allergens?

While breastfeeding is great for baby whenever possible, we don't know that breastfeeding on its own can prevent food allergies effectively.

### ● Is feeding baby peanut safe? I'm nervous about giving these foods to my baby.

Feeding your baby allergenic foods (such as peanut, egg, and cow's milk), early and often, has been shown to be safe and is recommended by doctors.

### ● My baby has eczema. Should I still introduce allergens early?

Up to 1 in 3 babies with severe eczema will develop food allergies. If your baby has eczema it's very important to feed allergenic foods (like peanut, egg, and milk) often.

Learn more at  
[PREVENTALLERGIES.ORG](https://www.preventallergies.org)



"I recommend all babies start early allergen introduction to foods like peanut and egg at 4 - 6 months to prevent food allergies"

**DANELLE FISHER, M.D.**  
Board-Certified Pediatrician  
Providence Health System



"Early allergen introduction is a real game changer in the pediatric world for preventing food allergies"

**ROBERT HAMILTON, M.D.**  
Board-Certified Pediatrician  
Providence Health System



"I recommend early and sustained allergen introduction for all babies"

**JONATHAN SPERGEL, M.D.**  
Board-Certified Pediatric Allergist  
Leading Food Allergy Expert



Prevent Food Allergies



# Did you know that most food allergies in babies can be prevented?

Find out more...  
what are you waiting for?



Learn more at  
[PREVENTALLERGIES.ORG](https://www.preventallergies.org)

# New guidelines for allergy prevention:

Medical guidelines now recommend feeding allergenic foods like peanut and egg as early as 4 months of age to prevent these food allergies for every baby.

## HERE ARE THE FACTS YOU SHOULD KNOW:

- **Every baby** should eat allergenic foods like peanut and egg early and often.
- **Start early:** Allergists and pediatricians recommend starting as early as 4 – 6 months to give your baby the best chance at preventing food allergies.
- **One-at-a-time:** Following pediatric guidelines, only introduce these foods one-at-a-time to best determine how your baby is reacting to each food.
- **Low dose:** Start with a low dose and gradually ramp up dosage to maximize safety and efficacy.
- **Frequent feeding:** Continue frequently for 3 – 6 months until baby is regularly eating allergenic foods like peanut and egg.
- **Early allergen introduction is recommended** for every baby by all the top medical and allergist associations.

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## Food Allergy Risk Factors

What's your baby's risk of developing a food allergy?



Eczema

1 in 3



Family History

1 in 7



Average Risk

1 in 13



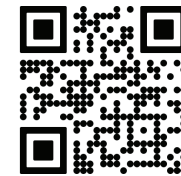
## Keep feeding... your baby will thank you.

Starting as early as 4 months old and feeding allergens like peanut and egg for 3 – 6 months will give your child their best chance at an allergy-free future. We understand that babies that young may not be ready for solids regularly and many are picky eaters. But keep going... it'll be worth it.

### TIPS FOR FEEDING:

Dissolve 2 tsp smooth peanut butter in 2 – 3 tsp of hot water, fruit or vegetable puree and spoon into baby's mouth at least 3 – 4x per week. Repeat similar process with allergens like egg and milk.

However, we know that DIY can be hard. Feeding a 4-month-old allergens like peanut and egg early, often and for several months, can present challenges. To help you with this, we have selected some simple recipes and, also provided you with tips to make feeding allergens safe, easy and convenient for your family. For this information and more, visit [preventallergies.org/recipes](https://www.preventallergies.org/recipes).



Scan for our recipes to introduce peanut, egg, and milk

### REMEMBER DON'T DELAY!

No matter your baby's risk factors for developing food allergies, pediatricians and allergists all agree – don't delay early allergen introduction – it can provide your baby with a healthier, allergy-free future.