

# Preventing Food Allergies in Infants: Early Introduction to Allergenic Solids



## Key Takeaways

1

**Know who is at risk.** According to the Canadian Pediatric Society, infants at increased risk for developing food allergies are those with a personal history of atopy and/or a first-degree relative with atopy (e.g. atopic dermatitis, food allergy, asthma and allergic rhinoconjunctivitis).

2

Introduction of common food allergens at about **6 (but not before 4) months** of age is safe and the best form of prevention. On-site support may be available to patients at offices with access to epinephrine.

3

Eczema and rashes at site of contact are **not indications** for stopping the early introduction of foods.

4

**Regular exposure** (i.e. at least 2-3 times per week) is recommended to promote tolerance.

5

Prioritize introducing foods that are already part of the **family's diet**.



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