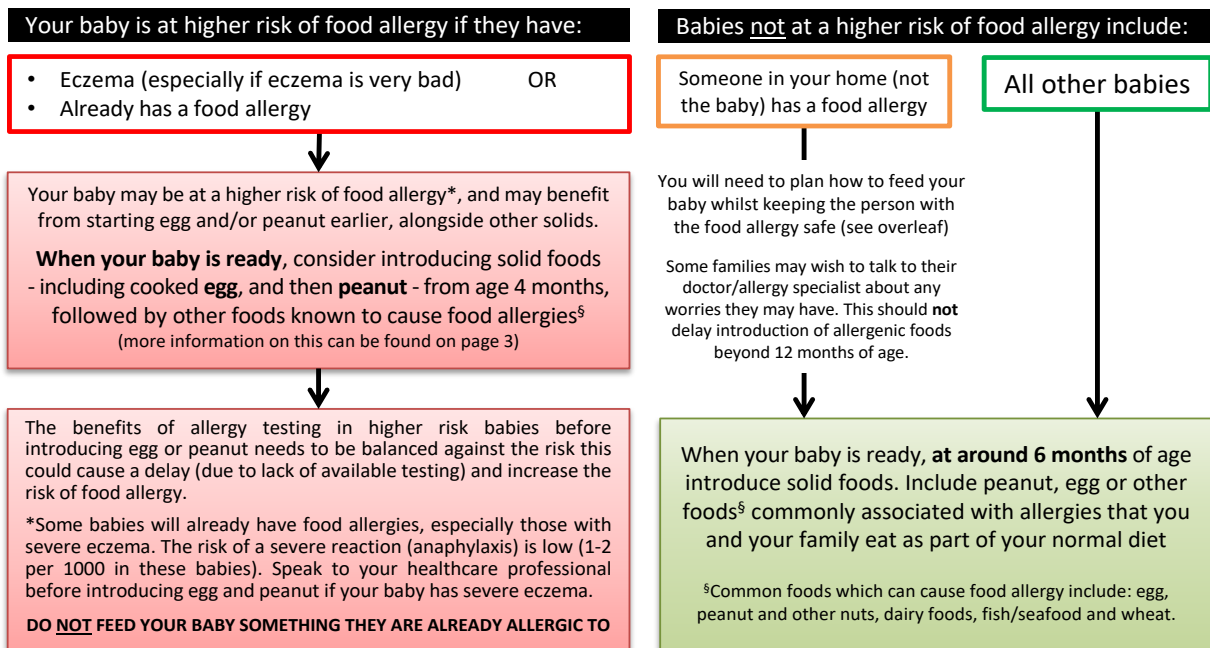


Current advice from the UK health departments for healthy babies is:

- Exclusive breastfeeding for around the first 6 months of life.
 - From around 6 months of age (but not before 4 months), introduce complementary foods (solids) – including foods known to cause food allergies – alongside continued breastfeeding.
 - Excluding egg and peanut from your baby’s diet may increase their risk of food allergy.
- **When your baby is ready, at around 6 months of age, you can start to feed them complementary foods (solids) – usually as pureed foods. Start by offering small amounts of vegetables, fruit, starchy foods, protein, pasteurised dairy. Never add salt or sugar - they don't need it.**
 - In addition to fruit and vegetables, include foods that are part of your family’s normal diet which are commonly associated with food allergies. *If this includes egg and peanut, aim to introduce these by one year of age, and continue to feed these to your baby as part of their usual diet.*



Monitor for any symptoms of an allergic reaction:

Immediate-type food allergy	Delayed-type food allergy
Typically happen within 30 minutes of eating the food: <u>Mild-moderate symptoms:</u> <ul style="list-style-type: none"> • Swollen lips, face or eyes • Itchy skin rash e.g. “hives”, urticaria • Abdominal pain, vomiting <u>The following severe symptoms are rare:</u> <ul style="list-style-type: none"> • Swollen tongue, persistent cough, hoarse cry • Difficult or noisy breathing • Pale or floppy, unresponsive/unconscious 	Symptoms occur hours after the food trigger: <u>Gut symptoms:</u> <ul style="list-style-type: none"> • Recurrent abdominal pain, worsening vomiting/reflux • Food refusal or aversion • Loose/frequent stools (more than 6-8 times per day) or constipation/infrequent stools (2 or less per week) <u>Skin symptoms:</u> <ul style="list-style-type: none"> • Skin reddening or itch over body • Worsening eczema NB: Delayed-type allergy cannot trigger anaphylaxis
<ul style="list-style-type: none"> • If your baby has any severe symptoms (anaphylaxis), immediately dial 999 for help. • Mild-moderate symptoms are not dangerous. Dial 111 for advice, if needed. • Avoid the causative food, do NOT reintroduce. • Speak to your GP to discuss review by a specialist paediatric / allergy team. • NICE recommends any baby with multiple food allergies or severe symptoms (anaphylaxis) should be referred to a hospital team. 	<ul style="list-style-type: none"> • Stop the suspected food, symptoms should resolve after a few days. • If symptoms are not severe, you can try giving the food again 1-2 weeks later. • If symptoms recur or are severe, or your child is not growing, then see your GP • NICE recommends that babies with any of the following should be referred to a specialist clinic: <ul style="list-style-type: none"> • Faltering growth • Reflux or gut symptoms resistant to treatment • Food refusal • Eczema which worsens with specific foods.