



# Guiding information on food allergies after talking to your pediatrician



According to the American Academy of Pediatrics, most infants can start being introduced to common food allergens starting around 6 months. Some research suggests that delaying the introduction of these foods may increase your baby's risk of developing food allergies. Understanding and navigating these risks and benefits can be overwhelming. Talk to your pediatrician about if and when early allergy introduction is recommended for your baby. If your pediatrician gives you the green light, here is some guiding information from food allergy experts to help you navigate early allergy introduction.

## #1

According to the CDC, 6.5% of children have a food allergy and babies can develop food allergies even if their parents don't have them. 12% of babies develop food allergies despite having no family history and 50% of babies develop them even though only 1 parent has family history.



## #2

The American Academy of Pediatrics states that there are 8 foods that cause 90% of food allergies: cow milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.



## #3

Allergies to certain foods can be outgrown, such as milk, egg, wheat or soy. According to the American Academy of Family Physicians, between 60–80% of children with a milk or egg allergy outgrow their allergy by age 16.

For most infants with severe eczema and/or egg allergy who are already eating solid foods, introducing foods containing ground peanuts between 4 and 10 months of age and continuing consumption may reduce the risk of developing peanut allergy by 5 years of age. The U.S. Food and Drug Administration has determined, however, that the evidence supporting this claim is limited to one study. If your infant has severe eczema and/or egg allergy, check with your infant's healthcare provider before feeding foods containing ground peanuts. Learn more at [FDA.gov](https://www.fda.gov).



Content provided in this guide is compiled from the [American Academy of Pediatrics](https://www.aap.org), [HealthyChildren.org](https://www.healthychildren.org) (content produced by the American Academy of Pediatrics), [American Academy of Family Physicians](https://www.aafp.org), [HealthLink BC](https://www.healthlinkbc.ca), [National Center for Biotechnology Information](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3122222/), the [Mayo Clinic](https://www.mayoclinic.org), [The Urban Child Institute](https://www.urbanchildinstitute.org), the [U.S. Dept. of Health & Human Services](https://www.hhs.gov), and the [Centers for Disease Control & Prevention](https://www.cdc.gov). The information is intended for educational purposes only. Always consult your pediatrician or other medical professionals on nutritional and care advice.

## Tip

**Always talk to your pediatrician** about early allergy introduction before you start. Your 4 month visit is the perfect time to start the conversation about food allergies and starting your baby on solids.

