HOME INTRODUCTION OF AN ALLERGENIC FOOD

INTRODUCE A NEW FOOD....

...ONLY when your child is well

...ONE at a time

...when you can OBSERVE your child for 2 hours after they eat the new food.

STOP

any ***regular antihistamine*** treatment during the introduction period

Ensure food does not touch the skin around the mouth by

- feeding directly into the mouth
- using a barrier cream (eg, Vaseline®) around the mouth

HOW TO INTRODUCE A NEW FOOD

	Day 1	Day 2	Day 3	Day 4	Day 5
Solid food (eg, well cooked scrambled egg, nut, wheat)	⅛ teaspoon	¼ teaspoon	½ teaspoon	1 teaspoon	2 teaspoons
Liquid food (eg, cow's milk)	1 mL	2.5 mL	5 mL	10 mL	20 mL

STOP giving the new food if you think your child is **having a reaction**

CONTINUE to **Double the Dose** of the new food until what is considered a **Normal Serve**

New food	☐ Well cooked scrambled egg	☐ Cow's milk ☐ Soy milk	☐ Peanut butter ☐ Sesame (tahini)	**Treenuts** ☐ Almond ☐ Walnut ☐ Cashew ☐ Pecan ☐ Pistachio ☐ Macadamia ☐ Hazelnut ☐ Brazil nut	☐ Wheat	☐ Other
Normal Serve	1 whole egg	250mL	2 teaspoons	2 teaspoons	2 Weetbix **OR** 1 slice bread **OR** ½ a cup pasta	

(*For infants < 12 months of age, an acceptable serve is half the recommended amount)

IMPORTANT TIPS

- To introduce nuts in children <5 years old, only give nuts as **pastes** or **finely crushed** and mixed into food to prevent choking
- Once an allergenic food has been successfully introduced, keep **including this food in the child's diet regularly** to maintain tolerance

IF AN ALLERGIC REACTION OCCURS

- stop giving the food
- follow your ASCIA action plan
- document what occurred
- contact your allergy specialist

The Royal Children's Hospital Melbourne