

# Allergens Checklist

## Reminder:

- Start introducing allergens at home when the baby is around 6 months old, but not before the age of 4 months.
- Introduce a new allergen **every three days** at breakfast or lunch, and closely monitor any allergic reaction (e.g. rash, hives, lip/face/tongue swelling, vomiting, difficult breathing).
- Most allergic reactions occur within 2 hours after eating, and some can occur up to 72 hours later. Severe allergic reactions is very rare in the first ingestion of peanut/eggs.
- Allergenic food should be spoon fed to the baby for the first exposure to avoid misinterpreting skin reactions as food allergy.

Allergens	Examples	Notes
<b>Wheat</b>	<ul style="list-style-type: none"> <li>• <b>Spoon-fed (SF):</b> Wheat-based baby cereal; cream of wheat</li> <li>• <b>Baby-led weaning (BLW):</b> Piece of toasted wheat bread</li> </ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Dairy (Milk)</b>	<ul style="list-style-type: none"> <li>• <b>SF:</b> Plain yogurt (alone or in fruit puree)</li> <li>• <b>BLW:</b> Fresh cheese (ricotta, cottage) on cracker</li> </ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Egg</b>	<ul style="list-style-type: none"> <li>• <b>SF:</b> 1/2 to 1 tsp of well cooked egg in fruit/veg puree or baby cereal</li> <li>• <b>BLW:</b> Pancake/waffle made with eggs; strip of omelette</li> </ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Peanut*</b>	<ul style="list-style-type: none"> <li>• <b>SF:</b> 1/2 to 1 tsp of peanut butter in hot water, baby's milk, baby cereal or fruit/veg puree</li> <li>• <b>BLW:</b> 1/2 to 1 tsp of peanut butter on cracker</li> </ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Nuts*</b> (almond, Brazil nut, cashew, hazelnut, macadamia, pecan, pine nut, pistachio, walnut)	<ul style="list-style-type: none"> <li>• <b>SF:</b> 1/2 to 1 tsp of nut butter mixed in hot water, baby's milk, baby cereal or fruit/veg puree; nut milk (cashew, almond) in baby cereal</li> <li>• <b>BLW:</b> 1/2 to 1 tsp of nut butter on cracker</li> </ul> <p>* Do not offer whole peanuts/nuts or peanut/nut butter by spoonful before the age of four to prevent choking.</p> <p>* If peanut is tolerated, keep offering 3-4 times per week to maintain tolerance.</p> <p>* Each nut must be introduced individually. Introduce the ones you eat at home.</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Soy</b>	<ul style="list-style-type: none"> <li>• <b>SF:</b> Soft plain tofu in fruit/veg puree</li> <li>• <b>BLW:</b> Tofu sticks or cubes</li> </ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Mustard</b>	<ul style="list-style-type: none"> <li>• <b>SF:</b> Powder or condiment in veg/meat puree</li> <li>• <b>BLW:</b> Use powder or condiment to marinate meat, or add to meatballs</li> </ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Fish / Shellfish*</b>	<ul style="list-style-type: none"> <li>• <b>SF:</b> Pureed fish; crushed soft-fleshed fish with milk (as needed)</li> <li>• <b>BLW:</b> Fish in strips or cubes; homemade nugget</li> </ul> <p>* Each fish and seafood must be introduced individually, and all must be thoroughly cooked. Introduce the ones you eat at home.</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Sesame</b>	<ul style="list-style-type: none"> <li>• <b>SF:</b> 1/2 to 1 tsp of tahini in baby cereal</li> <li>• <b>BLW:</b> Thin layer of hummus on cracker</li> </ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>