



Expose children to foods in the first year of life to possibly reduce risk of food allergy and eczema

First Foods

At 4-6 months of age, begin introducing age-appropriate first foods. Isolate foods and keep a food diary — introduce single-ingredient foods, no more than 1 new food every 3-5 days.

- Rice or oat cereal
- Yellow & orange vegetables
- Fruits
- Green vegetables
- Age-appropriate staged foods with meats

Top Allergenic Foods

If first foods are tolerated, begin age-appropriate forms of allergenic foods and record in food diary.

- Eggs
- Milk besides whole cow's milk
- Soy
- Peanuts & tree nuts (in butter form, not whole nuts due to choking hazard)
- Wheat
- Fish
- Shellfish

General Advice

Certain children should be seen by an allergist before introducing these allergic foods, including those with moderate to severe eczema that is difficult to control and those who have previously reacted to a food or already have a food allergy.

Try these foods at home first, not at daycare or a restaurant.

Begin with a small amount. If no reaction occurs, give in gradually increasing amounts over the 3-5 day period.

Recommendations are from the American Academy of Allergy, Asthma, & Immunology.

