

# INTRODUCING ALLERGENS to your baby

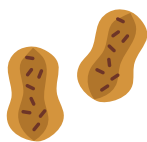
## WHEN?

4-6 MONTHS

## HOW OFTEN?

A FEW TIMES A WEEK

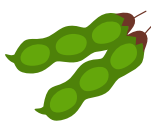
## WHAT?



Peanut



Sesame



Soy



Milk



Eggs



Shellfish



Fish



Tree nuts



Wheat

## HOW?



Introduce one food at a time



Pureed, mashed, softened



Watch for any signs of reaction, including hives, rash, trouble breathing, sleepiness or swelling

*If your baby has a severe reaction, including hives, swelling or trouble breathing, go to the emergency department.*



OSF<sup>®</sup> HEALTHCARE