

Food Introduction Checklist:

For a child who already has a food allergy, the risk of having a reaction when they first try an allergenic food is 1-4%. Those reactions would include mostly mild symptoms such as hives. The risk of having a severe reaction (requiring Epinephrine) for an infant trying a new food is less than 0.04%. Because the risk of introducing a new food is so low, we are comfortable with families introducing allergenic foods that their children have not tried before at home. We are also happy to support families who are feeling nervous to do food introductions at the office.

If your child is going to start Oral Immunotherapy, your child must have eaten all the foods on this list at some point prior to starting OIT (DO NOT need to retry any foods that they have reacted to). If they have never tried these foods, they must be introduced prior to starting OIT.

After foods have been introduced, they should be kept in your child's diet 2-3 times a week to protect them from developing a new food allergy.

- ☐ Peanut (eg. Peanut Butter, Bamba Snacks)
- ☐ Almond (eg. Almond Milk, Almond Butter)
- ☐ Hazelnut (eg. Hazelnut Milk, Nutella
*contains milk products)
- ☐ Walnut (eg. Walnut milk) OR Pecan (these nuts contain the same allergen)
- ☐ Brazil Nut
- ☐ Cashew (eg. cashew milk, cashew butter) OR Pistacho (these nuts contain the same allergen)
- ☐ Sesame (eg. Tahini, Hummus)
- ☐ Mustard
- ☐ Egg (eg. Hardboiled Egg, Well-cooked Scrambled Egg, Pancakes with Egg)
- ☐ Milk (eg. Cheese, Yogurt, Cow's Milk, Baked Goods Containing Milk)
- ☐ Fish (eg. Cod, Tilapia, Salmon, Tuna)
- ☐ Shellfish (one of: shrimp, prawn, lobster or crab)
- ☐ Soy (eg. Soymilk, Edamame, Tofu)
- ☐ Wheat (eg. Bread, Baked Goods)
- ☐ Lentils
- ☐ Green Peas
- ☐ Chickpeas

Important Notes for Introducing New Foods

- Start with a small amount (a small bite or a sip) if there are no reactions, 15-20 minutes later try a little bit more (~1/8- 1/4 tsp).
- You can introduce one new food per day
- If there are any reactions do not give any more of the food until you speak with your allergist – See “Helping to Reduce Food Allergies in my Infant” handout to review signs of an allergic reaction
- If your child already has a confirmed food allergy to peanuts or tree nuts, you should avoid purchasing foods from the bulk bin as there is a high risk of cross contamination with other nuts.
- Royal Nuts Brand Treenuts are made in a peanut free facility (sold at Thrifty foods or online)
- Please crush nuts for infants and toddlers or use nut butters, as whole nuts are a choking hazard.
- Whole nuts can be washed to remove any potential cross contamination from peanuts or other tree nuts.

I have introduced the above foods to my child:

Child's Name:

_____ (Parent signature)

_____ Date