Cannizzaro Integrative Pediatric Center

4 Months Allergenic Food Challenges

In an effort to prevent the development of food allergies, we at CIPC strongly recommend challenging children with tiny tastes of the most common foods children can be allergic to.

These food items include:

- Peanut
- Milk (Grass Fed Cow)
- Shellfish
- Tree Nuts (Almond, Cashew, Pistachio, Walnut)
- Egg
- Fish
- Wheat
- Soy

The food morsels are given with a 3-day interval between each new food. Simply place a small morsel (no bigger than a pencil eraser) of the food between the child's teeth and lower lip. Do this once or twice on the day you are testing that food, then stop. Three days later do the same for the next food and repeat this process until all 8 foods have been challenged. The "Big 8" food introductory program should take 24 days to complete.

- ✓ Use only **single-ingredient foods**, check the label. Then, if something upsets your baby, you will know exactly what it was.
- ✓ Some signs of a possible allergic reaction include a rash, runny nose, or sore bottom. If you see any of these signs, do not give this food item again and discuss the reaction at your baby's next appointment.
- ✓ When **introducing shellfish**, start with one that's easy to puree, such as **crab** or **lobster**.
- ✓ The best **way to introduce nuts** is to use a nut spread. Add hot water to 2 teaspoons of that **nut butter** to make a warm puree. Put a little of this puree on the tip of a spoon and **feed** it to your child.