

# Questions to Ask Your Baby's Health Care Provider About Food Allergy Prevention

Food allergies are becoming more common in the United States. Talk to your pediatrician or other health care provider about the ways you can help prevent a food allergy in your baby before it starts.

Current guidelines recommend providing your baby infant-safe peanut foods when your baby is ready for solid foods, typically between 4 and 6 months of age. Guidelines also recommend providing a diverse diet that includes other foods that commonly cause allergic reactions.

## Before your baby is 6 months old:

- What can I do to reduce the chance of my baby developing a peanut allergy?
- Is there anything that will make my baby more likely to develop a peanut allergy?
- How will I know when I can start feeding my baby infant-safe peanut foods?



## If your baby has severe eczema or an egg allergy:

- Does my baby need to be tested for a food allergy before I give them peanut foods?
  - If yes, what type of tests are needed?
- Should I talk to an allergist before I introduce peanut foods?
- Would it make sense for my baby to be given peanut foods in the doctor's office or clinic the first time?

## Before you start providing solid foods to your baby:

- What are some infant-safe peanut foods I can give to my baby? Do you have tips or recipes I can use?
- What amount of peanut food should I give my baby? And how often?
- Are there peanut foods that are NOT SAFE to feed my baby?
- What are the signs and symptoms that my baby may be having an allergic reaction to food? What should I do if I see these signs?

## Other questions you may want to ask:

- What other foods that commonly cause allergic reactions should I consider giving to my baby?
- When should I start giving my baby these other foods?
- Is it OK to give my baby multiple new foods at the same time?

Visit [FoodAllergyPrevention.org](https://www.foodallergy.org) to find tips on safely feeding your baby first solid foods, how to recognize a food allergy reaction, and information about the research on preventing food allergies.