

Feeding Your Baby

Oklahoma Cooperative Extension Service • Oklahoma State University



Food Allergies

Your baby may be sensitive to certain foods. An allergic reaction can occur within minutes or up to a day after eating the offending food. **See your doctor if you think your baby has a food allergy.**

Allergic reactions may include irritability, rash, diarrhea, vomiting, or breathing problems. Frequently, these symptoms may be similar to other illnesses. A medical exam and diet history are needed for a diagnosis.

What Foods Often Cause An Allergy?

Cow's Milk	Chocolate
Egg Whites	Strawberries
Wheat	Oranges
Shellfish	Tomatoes

Avoid cow's milk until after 12 months of age. Avoid the other foods until after 6 months. If you have a family history of food allergies, avoid these foods until after 12 months.

Allergies to Cow's Milk

Your baby could be allergic to one of the proteins in cow's milk or sensitive to the milk sugar lactose. Many foods are made with milk products. If your baby is allergic to milk, you will need to read labels carefully. Alternatives to cow's milk include breast milk, soy formula, and Nutramigen®.

Managing Allergies

- Your doctor will identify the offending food(s) through:
 1. History of foods eaten and reaction noted.
 2. Special test diet eliminating certain foods.
- Avoid offending food(s) determined by your doctor. Offensive food(s) may be used as ingredients in other foods. **READ LABELS** to find hidden sources of offensive foods.
- If a major food or group of foods needs to be eliminated from your baby's diet, talk to your doctor about other foods you should substitute.
- Have your baby's diet evaluated for nutritional adequacy by the WIC Nutritionist.
- As your child grows older, food allergies may change or disappear. Check with your doctor before trying these foods again.

Suggested Readings:

American Academy of Allergy and Immunology (1993). *Understanding food allergy*. Washington, DC: Author.

Lambert-Lagace, L. (1991). *Feeding your baby: from conception to age two*. Emeryville, CA: Surrey Books.

Satter, E. (1991). *Child of mine, feeding with love and good sense*. Palo Alto, CA: Bull Publishing Co.

Reference List:

American Academy of Pediatrics (1993). *Pediatric nutrition handbook*. Elk Grove Village, IL: Author.

Fomon, S.J. (1994). Pay attention to your baby's appetite to avoid overfeeding or underfeeding. Part I: Establishing habits of eating in moderation. *Pediatric Basics*, 69, 8-10.

Greenspan, S. (1994). Pay attention to your baby's appetite to avoid overfeeding or underfeeding. Part II: Mealtime Communication. *Pediatric Basics*, 69, 11-13.

Kleinman, R.E. (1994). Build to a variety of foods. *Pediatric Basics*, 69, 2-7.



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