

Introduction of Potentially Allergenic Foods

STAFF WORKSHEET

Instructions

- View the [Meaningful Minutes – Introduction of Potentially Allergenic Foods video](https://vimeo.com/1197715383/084f908537?share=copy&fl=sv&fe=ci) (<https://vimeo.com/1197715383/084f908537?share=copy&fl=sv&fe=ci>).
- Discuss the worksheet questions below at a staff meeting.
- Review the resources highlighted in the video.

Staff discussion questions

- Why is WIC uniquely positioned to support families during allergen introduction?
- What major change has occurred in food allergy guidance over the last decade?
- What is one thing you learned today that changed or strengthened your understanding of infant feeding and allergy prevention?
- Which infants are considered highest risk for peanut allergy?
- How might early allergen introduction conversations create anxiety for families? What practical advice and language or counseling approaches could help reduce fear and support confidence in introducing the top nine allergenic foods?

Top nine allergens

- Milk
- Egg
- Peanut
- Tree nuts
- Wheat
- Soy
- Sesame
- Finned Fish
- Shellfish

Quick reference reminders

- Introduce allergens around 4–6 months of age when developmentally ready.
- Introduce one new allergen at a time.

INTRODUCTION OF POTENTIALLY ALLERGENIC FOODS

- Delaying allergens is not recommended for prevention.
- Shared decision making with pediatrician/allergist is important for high-risk infants.
- Repeated exposure to tolerated allergens is important.
- Families may still introduce multiple new foods in one day, but **only one should be from the top nine allergen list.**

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