

A woman with dark curly hair, wearing a red top, is smiling and feeding a baby with a spoon. The baby is wearing a light-colored shirt and is looking at the spoon. The background is a kitchen with various items hanging on the wall.

PREVENT FOOD ALLERGY IN YOUR BABY

Early introduction of common food allergens like peanut, eggs, and milk may reduce the risk of developing those allergies.

Other common food allergens to consider introducing early include tree nuts, wheat, shellfish, fin fish, sesame, and soy.

Talk to your doctor about appropriate ways to introduce these foods before starting!