

Preventing Food Allergies



Food allergies can cause problems ranging from eczema to life-threatening allergic reactions.

What are some of the foods commonly associated with food allergies?

- Food reactions are usually associated with the intake of cow's milk, soy, egg, fish, shellfish, peanuts, and tree nuts.

Who is affected?

- Infants at risk for developing food allergy are those with a biological parent or sibling with existing, or a history of allergic rhinitis, asthma, atopic dermatitis, or food allergy.

Can food allergies be prevented?

- Restricting a mother's diet during pregnancy and while breast feeding is not affective at preventing food allergies.
- Breast milk is the least likely food to cause an allergic reaction; it also helps develop an infants immune system. Experts recommend breast feeding as the sole source of nutrition for the first 6 months.
- For babies at risk of food allergy who are not breast fed, the use of extensively hydrolyzed infant formulas (instead of traditional cow's milk formula) may be considered as a preventive strategy. In these formulas, the protein is broken down into smaller parts that are easier for a baby to digest than larger protein molecules.
- After 4 to 6 months, infant foods including fruits, vegetables, and cereal grains can be introduced one at a time. This slow process gives parents or caregivers a chance to identify and eliminate any food that causes an allergic reaction.

If you wish to speak to a nurse, please call 307-789-9203 or 787-3800 in the Bridger Valley.



Tips provided by: The American Academy of Asthma, Allergy and Immunology