

## **Food Introduction List (2 pages)**

**Important note:** If your child has had a reaction to a food on the list below, do not reintroduce it until you've spoken with your primary care provider or the allergist.

**Peanut**

*Ideas: peanut butter, Bamba puffs, PB2 or PB&Me peanut butter powder mixed into smoothies or baking, Reese's Pieces products such as peanut butter cups)*

**Almond**

*Ideas: almond milk, almond butter, almonds ground or cut into pieces, almond flour in baking*

**Cashew/Pistachio**

*Ideas: cashew milk, cashew butter, cashew cheeses, cashews or pistachio ground or cut into small pieces, pistachio butter*

**Walnut/Pecan**

*Ideas: walnut milk (Elmhurst brand), walnut or pecan butter, pecan crackers, walnuts or pecans ground or cut into small pieces*

**Hazelnut**

*Ideas: hazelnut milk (Elmhurst brand), Nutella or other hazelnut spreads, hazelnut butter, hazelnuts ground or cut into small pieces*

**Macadamia nut**

*Ideas: macadamia nut milk (Milkadamia brand), macadamia nut butter, macadamia nut ground or cut into small pieces*

**Brazil nut**

*Ideas: Brazil nuts ground or cut into pieces, once other tree nuts have been introduced you can try mixed tree nut butters such as Nuts To You Rainforest Butter (contains cashews and coconut)*

**Pine nut**

*Ideas: pesto that contains pine nuts, pine nuts ground or cut into pieces*

**Milk**

*Ideas: yogurt, cow's milk, baked goods, pancakes/waffles, cheese*

**Egg**

*Ideas: hardboiled egg, well cooked scrambled egg, pancakes/waffles, French toast, baked goods*

**Wheat**

*Ideas: bread, baked goods, crackers, pastas*

**Soy**

*Ideas: soy milk, edamame, tofu, tofu desserts, certain breaded foods such as chicken nuggets and fish fingers (check the label to ensure it contains soy)*

*\*there is little to no soy protein in soy sauce, therefore, we recommend trying soy in a form listed above*

**Sesame**

*Ideas: tahini, hummus (if chickpea already tried), sesame flour used for baking*

*\*children who have sesame allergies can generally tolerate sesame seeds, therefore, we recommend trying sesame in a ground form such as the foods listed above*

**Fish**

*Ideas: cooked fish such as cod/tilapia/salmon/tuna, fish cakes, try adding to savoury sauces or meals for children who dislike the taste of fish*

**Shellfish - crustaceans**

*Ideas: cooked shellfish such as crab/shrimp/prawns/lobster, shrimp or prawn crackers, crab cakes, dumplings, try adding to savoury sauces or meals for children who dislike the taste of shellfish*

**Shellfish – mollusks**

*Ideas: cooked oyster, scallop, clam, mussels, oyster sauce*

**Mustard**

*Ideas: small amounts of mustard powder or mustard added to cooking*

**Lentils**

*Ideas: canned or cooked Lentils, certain baby puff snacks, lentil pastas*

**Chickpeas**

*Ideas: canned or cooked chickpeas, hummus (if sesame already tried), certain baby puff snacks, chickpea pastas*

**Green peas**

*Ideas: canned or cooked peas, Ripple or Sproud brand pea milk, certain baby puffs or pouches, Harvest Snaps pea snacks*

**Coconut**

*Ideas: coconut shreds or flakes added to foods such as oatmeal and baking, coconut yogurt or ice cream, coconut flour added to baking*

### **Important Notes for Introducing New Foods**

- *Whole nuts are a choking hazard for infants and young children. If your child is not old enough to safely chew nuts in their whole form, they should be cut into small pieces or ground into a powder or paste (you can use a mortar and pestle or put into a blender). For infants just learning to eat solids, nut butters and ground nuts given alone can be hard to swallow and stick to the mouth easily. We recommend mixing these types of foods into foods such as breastmilk, infant cereal/oatmeal, yogurt, applesauce, or pouches.*
- *Start with a small amount of the new food (a small bite or a sip) if there are no reactions, 15-20 minutes later try a little bit more (~1/8-1/4 tsp). If there are no reactions, the food should then be incorporated into the diet regularly (at least a few times a week if possible) to help reduce the chance of allergy in the future. You can gradually increase the quantity of the food over time until you get to an 'age appropriate' serving size (e.g. ~1 tbsp. of peanut butter).*
- *Prioritize giving foods that are commonly eaten in your household first!*
- *Introduce one new food per day (there is no need to wait multiple days between each new food).*
- *Do not put your child down for nap or bedtime until 2 hours after they've tried a new allergen to observe for immediate allergic reactions.*
- *If there are any reactions do not give any more of the food until you speak with your primary care provider or allergist. See the Food Allergy Canada "Eat Early, Eat Often" handout to review signs and symptoms of an allergic reaction.*
- *If your child is going to be starting oral immunotherapy (food allergy treatment), it is important that all the foods listed are introduced before your child starts oral immunotherapy to determine if any other foods should be added to their treatment.*
- *If your child already has a food allergy to peanuts or tree nuts, you should avoid purchasing foods from the bulk bin as there is a high risk of cross-contamination with other nuts (try nut butters or individually packaged nuts instead).*