

WEANING GUIDE FOR FOOD ALLERGIES

Supporting Nurses in Allergy-Safe Solid Introduction

Guidelines

Guidelines from WHO & Allergy Societies

- WHO recommends starting solids at 6 months for the general population.
- For high-risk infants, start solids between 4–6 months while continuing breast/formula feeding

Who is High Risk?

Who is Considered High Risk for Allergies?

- Babies with eczema (especially needing daily steroid creams)
- Babies with an existing food allergy (e.g, egg)
- Babies with parents or siblings who have allergies

Symptoms of an allergic reaction

Immediate Reactions (within 2 hours):





- Swollen lips, face, eyes



- Itchy red rash or hives



- Abdominal pain, vomiting



- Coughing, wheezing, anaphylaxis

Delayed Reactions (after 2 hours):





- Abdominal pain



- Diarrhoea or reflux



- Food aversion/refusal



- Worsening eczema or rash

Seek emergency medical attention for anaphylaxis

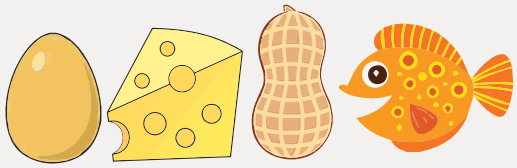
3-Step Feeding Approach

Step 1: Non-Allergenic Foods

Introduce non-allergenic foods (first 2 weeks)

- Fruits, vegetables, proteins, proteins, maize based infant cereals and grains
- Offer new foods daily
- Avoid processed foods (preservatives, citric acid)





Step 2: Allergenic Foods

Week	Food	Introduction	Amount	Maintenance
3	Peanut	In young infants dilute peanut butter with food, formula or water as it can be a choking hazard	1 tsp/day for 3 days	3 tsp/week
4	Egg	Serve cooked mashed/ chopped egg	1/3 egg 3x/week	1 egg/week
5	Cows Milk	sugar free yoghurt, cream cheese, full-cream milk added to porridge	40 - 60g 3x/week	40 - 60g/week
6	Wheat	Wheat based infant cereal/ Wheetbix/ bread, pasta	1 serve 3x/week	2 serves/week
7	Soya	Soya yoghurt, edamame beans and tofu	1 tbsp/day for 3 days	3 tbsp/week
8	Fish	Steamed/grilled fish (no tinned)	10g/day for 3 days	30g/week
9	Sesame	Tahini or hummus	1 tsp/day for 3 days	3 tsp/week
10	Tree nuts	Smooth nut butter in puree Try and include as many different kinds of tree nuts as possible	1 tsp/day for 3 days	3 tsp/week

Step 3: Maintenance

Maintain allergenic foods until 5 years of age

- Weekly exposure is essential
- Minimum weekly intake to reach 6g protein



Tips for Nurses:

- Encourage parents to keep a food diary
- Watch for both immediate and delayed reactions
- Maintain allergen exposure consistently each week

