

Allergies and Foods to Avoid

- **Nuts (especially peanuts)** – Due to the high risk and severity of allergic reactions to nuts, it is often recommended that nuts not be introduced until the age of 3.
- **Cow's Milk** - Cow's milk is one of the high-risk allergic reaction foods. Babies should not drink cow's milk until they turn 1.
- **Honey** – Because infants do not produce enough stomach acid to deactivate potential spores which are contained in honey, it is recommended that honey be avoided until the age of 1.
- **Gluten** – Some babies may suffer from gluten sensitivity, which can cause digestive problems. Gluten is found in wheat, as well as grains that are closely related to wheat, such as rye, barley and spelt. Gluten-free grains and alternatives include rice, corn and quinoa.
- **Egg Whites** – Egg whites have high allergenic potential. They should be avoided until the age of 1.
- **Fish and Shellfish** – Wait until the first birthday to introduce fish, and the second birthday for shellfish to minimize the chances of an allergic reaction. Also, choose fish that contains low levels of mercury.
- **Citrus Fruits** – Allergies and textures make citrus fruits difficult for babies to consume. Wait until the 1-year mark to give your baby oranges and other citrus fruits.