

Advising Parents on Complementary Feeding and Food Allergy Prevention

Key Publications

Early Introduction of Allergenic Foods and the Prevention of Food Allergy (2022)

Trogen B, Jacobs S, Nowak-Wegrzyn A. Early Introduction of Allergenic Foods and the Prevention of Food Allergy. *Nutrients*. 2022;14(13):2565. <https://doi.org/10.3390/nu14132565>

↗ [<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9268235/pdf/nutrients-14-02565.pdf>]

Types and Amounts of Complementary Foods and Beverages and Food Allergy, Atopic Dermatitis/Eczema, Asthma, and Allergic Rhinitis: A Systematic Review (2019)

Obbagy JE, English LK, Psota TL, et al. Types and Amounts of Complementary Foods and Beverages and Food Allergy, Atopic Dermatitis/Eczema, Asthma, and Allergic Rhinitis: A Systematic Review. *USDA Nutrition Evidence Systematic Review*. 2019;17(4):100888.

↗ [https://www.ncbi.nlm.nih.gov/books/NBK581855/pdf/Bookshelf_NBK581855.pdf]

Guidelines for Healthcare Providers

American Academy of Allergy, Asthma, and Immunology (AAAAI)/American College of Allergy, Asthma, and Immunology (ACAAI)

Consensus Recommendations

↗ [[https://www.aaaai.org/Aaaai/media/Media-Library-PDFs/Allergist%20Resources/Statements%20and%20Practice%20Parameters/A-Consensus-Approach-to-the-Primary-Prevention-of-Food-Allergy-Through-Nutrition-Jan-21-\(1\).pdf](https://www.aaaai.org/Aaaai/media/Media-Library-PDFs/Allergist%20Resources/Statements%20and%20Practice%20Parameters/A-Consensus-Approach-to-the-Primary-Prevention-of-Food-Allergy-Through-Nutrition-Jan-21-(1).pdf)]

National Institute of Allergy and Infectious Diseases (NIAID)

Guidelines, Algorithm, and Recipes

↗ [[https://www.jacionline.org/article/S0091-6749\(16\)31222-2/pdf](https://www.jacionline.org/article/S0091-6749(16)31222-2/pdf)]

Caregiver Resources on Complementary Feeding and Early Introduction

American Academy of Pediatrics (AAP) HealthyChildren.org

Signs of Solid Food Readiness

↗ [<https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Bite-Sized-Milestones-Signs-of-Solid-Food-Readiness-.aspx>]

Food Allergy Reactions

↗ [<https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Food-Allergy-Reactions.aspx>]

Responsive Feeding Explained

↗ [<https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Is-Your-Baby-Hungry-or-Full-Responsive-Feeding-Explained.aspx>]



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Starting Solid Foods

↗ [\[https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Starting-Solid-Foods.aspx\]](https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Starting-Solid-Foods.aspx)

FARE FoodAllergyPrevention.org

English and Spanish Food Allergy Prevention Toolkit

↗ [\[https://foodallergyprevention.org/for-parents/downloads-for-parents/\]](https://foodallergyprevention.org/for-parents/downloads-for-parents/)

Feeding Tips and Recipes

↗ [\[https://foodallergyprevention.org/feeding-tips/\]](https://foodallergyprevention.org/feeding-tips/)

FAQs

↗ [\[https://foodallergyprevention.org/for-parents/faqs-for-parents/\]](https://foodallergyprevention.org/for-parents/faqs-for-parents/)

National Allergy Strategy Food Allergy Prevention Project

Food Ideas and Recipe Printouts

↗ [\[https://nationalallergycouncil.org.au/resources-links/food-allergy-prevention/food-ideas-and-recipes\]](https://nationalallergycouncil.org.au/resources-links/food-allergy-prevention/food-ideas-and-recipes)

Prevent Food Allergies (PreventAllergies.org)

Food Allergy 101

↗ [\[https://www.preventallergies.org/what-is-a-food-allergy\]](https://www.preventallergies.org/what-is-a-food-allergy)

Food Allergy Prevention Tips

↗ [\[https://www.preventallergies.org/food-allergy-prevention-tips\]](https://www.preventallergies.org/food-allergy-prevention-tips)

Peanut, milk, and egg recipes

↗ [\[https://www.preventallergies.org/recipes\]](https://www.preventallergies.org/recipes)

FAQs

↗ [\[https://www.preventallergies.org/faqs\]](https://www.preventallergies.org/faqs)

Clinician Resources on Complementary Feeding and Early Introduction

FARE FoodAllergyPrevention.org

Putting the NIAID Guidelines Into Practice

↗ [\[https://foodallergyprevention.org/wp-content/uploads/2023/06/Clinician-Guide_FAPrev_2.24.pdf\]](https://foodallergyprevention.org/wp-content/uploads/2023/06/Clinician-Guide_FAPrev_2.24.pdf)

Three E's of Early Peanut Introduction Checklist

↗ [\[https://foodallergyprevention.org/wp-content/uploads/2023/06/FAPrev_Clinician3Es-052423-1.pdf\]](https://foodallergyprevention.org/wp-content/uploads/2023/06/FAPrev_Clinician3Es-052423-1.pdf)

Clinician Workflow

↗ [\[https://foodallergyprevention.org/wp-content/uploads/2023/06/FAPrev_Clinician3s-then-Workflow-compiled-for-Clinician-Tools-page_2_21_24.pdf\]](https://foodallergyprevention.org/wp-content/uploads/2023/06/FAPrev_Clinician3s-then-Workflow-compiled-for-Clinician-Tools-page_2_21_24.pdf)



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Assessing Eczema Severity

[↗ \[https://foodallergy-prevention.org/for-clinicians/assessing-eczema-severity/\]](https://foodallergy-prevention.org/for-clinicians/assessing-eczema-severity/)

National Peanut Board

Downloads, Webinars, and Resources

[↗ \[https://nationalpeanutboard.org/peanut-allergy-prevention/background-and-provider-resources/\]](https://nationalpeanutboard.org/peanut-allergy-prevention/background-and-provider-resources/)

Prevent Food Allergies (PreventAllergies.org)

Request Education Kits

[↗ \[https://www.preventallergies.org/request-education-kits\]](https://www.preventallergies.org/request-education-kits/)



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