



Food Allergies

We know more about food allergies these days and so can take better precautions to avoid them, the following hints will provide you with some commonsense guidelines.

- Allergies usually involve one or two foods and mainly affect children with a family background of allergies such as asthma, hay fever and eczema. True food allergy only occurs in less than 10 per cent of children. Babies with eczema are the ones most at risk of having food allergies.
- Foods like cow's milk, soy and egg can cause allergies in some babies if they are given before four months of age. Breast feeding cannot prevent allergies but it can help. The most allergic babies will still have reactions unless the breast feeding mother changes her diet.
- Severe allergies to food are rare and usually obvious, they usually cause itching and swelling (usually around the mouth), vomiting and cramps often within ten minutes. Milder reactions include spots or rashes on the skin, vomiting, diarrhoea, runny nose, wheezing and coughing, or asthma. As some of these are obviously similar to a common cold it is best to consult your doctor rather than immediately assume an allergy.
- If you have been introducing new food one at a time it should be quite easy to work out which is the problem food and avoid it in future. If your baby does react to a food, always consult your doctor about how to deal with the problem. Don't try the problem food again without medical supervision, allergies should always be taken very seriously.

First Contact

and

Support Hub

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To find your nearest children's
centre call: **01429 284284**





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- The foods which most commonly cause reactions include, eggs (particularly egg whites), cow's milk, fish and peanuts. An allergy to cow's milk makes it impossible to wean a baby from breast to most formulas, as well as cow's milk. Soy bean milk may be the answer, but always consult your doctor
- Because of the danger of choking, don't give whole or chopped nuts to children under seven years
- Children tend to grow out of allergies to egg, milk, wheat and soy by the age of five or six, though sometimes particular food such as fish or peanuts can cause problems for life.
- If your toddler has a food allergy and is going to a party, ring the hosts beforehand and let them know what food your child cannot have. Give your toddler something to eat and drink before going to the party.
- Make sure that anyone who may prepare or buy food for your child know about an allergy.
- Food intolerances are more common than food allergies and can occur at any time during life. They are due to small chemicals in food which have a lot of natural or artificial flavour, such as sweets, cordial, fruit juice, strawberries, dried fruit, honey and chocolate.

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