

Will your baby be at risk of developing food allergies?

Did you know that a child with one allergic parent is twice as likely to develop a food allergy? *₁

Did you know that a child with two allergic parents is four times as likely to develop a food allergy? *₁



Highly Allergenic Foods:

milk
eggs
fish
soy
wheat
shellfish
peanuts
tree nuts

Breastfeed

Exclusive breastfeeding until 6 months can reduce allergies
After the introduction of solid foods, continued breastfeeding offers further protection against allergies. *₂

For more information contact your local Public Health Department

Dial a Dietitian 1-800-667-3438, BC Nurse Line 1-866-215-4700, Allergy Association 1-877-500-2242

*1. Food and Egg Allergies.,(n.d.). Retrieved May 20, 2004 from the Alberta Egg Producers Web Site: www.eggs.ab.ca/about/allergies.htm.

*2. American Academy of Pediatrics Work Group on Breastfeeding, Breastfeeding and the use of human milk. Pediatrics 1997; 100(6): 1035-37.