

# Early Allergen Introduction Checklist

Did you know that milk, eggs, peanuts, tree nuts, fish, crustacean shellfish, wheat, soy and sesame are responsible for over 90% of all food allergies? These foods also happen to be nutrient-dense, healthy options that help develop diet diversity and adventurous eating as your little one grows...which is why early introduction and consistent inclusion in young diets is so important!

## Step 1: Early Allergen Introduction

Most babies can start peanut foods and other common allergens as soon as they've started other solid foods (4-6 mos).

Signs of readiness for starting solids include: being able to control the head and neck, sitting up, showing an interest in food and reaching for it, and bringing objects to the mouth.

## Step 2: Ongoing Diet Inclusion

We recommend focusing on milk, egg and peanuts (the most common allergies in kids) first, then expanding to the other allergens.

After you've introduced each allergen separately to your little one, begin integrating them into weekly meals so your baby reaps all of the benefits!

We've got your back with a super simple checklist for tracking introduction. Note the date of first introduction, and add a ✓ for ongoing inclusion.

DATE		
_____	<input type="checkbox"/>	 <b>DAIRY</b>
_____	<input type="checkbox"/>	 <b>EGGS</b>
_____	<input type="checkbox"/>	 <b>PEANUTS</b>
_____	<input type="checkbox"/>	 <b>TREE NUTS</b>
_____	<input type="checkbox"/>	 <b>FISH</b>
_____	<input type="checkbox"/>	 <b>SHELLFISH</b>
_____	<input type="checkbox"/>	 <b>WHEAT</b>
_____	<input type="checkbox"/>	 <b>SOY</b>
_____	<input type="checkbox"/>	 <b>SESAME</b>


# Simple ideas to help keep common allergens in tiny tummies


(for 9 months and up!)


REMEMBER: EARLY, OFTEN AND ONGOING IS KEY!


## Meals

Yogurt with fruit and Proactive Peanut Puffson top  


Scrambled eggs, yolk and whites 



Pancakes 

Infant wheat cereal or wheat germ mixed with familiar puree 

Pasta cooked until tender 

Tahini spread on a toast stick or teething cracker  

Mashed or cubed tofu 

Mashed fish - sardines, wild caught Alaskan salmon, arctic char and steelhead trout are options low in mercury. Remember to remove all bones and cook thoroughly!  


## Snacks & Sides

Plain full-fat yogurt, cheeses - choose softer, lower sodium options like mozzarella or goat cheese 

Proactive Nut Butter Puffs, containing almonds, cashews, hazelnuts, peanuts and walnuts  

Mashed soybeans 

Boiled and mashed edamame 

Mashed sweet potato with tahini 

For more inspiration, visit our recipe blog at [missionmightyme.com/blogs/recipes](https://missionmightyme.com/blogs/recipes).

Don't forget about our Early Allergen Introduction Guide, a free resource packed full of tips & tricks, available for download at <https://missionmightyme.com/pages/early-allergen-guide>.