

Early Allergen Introduction Checklist

Did you know leading health organizations recommend introducing peanuts and other common food allergens early and often, once a baby starts solid foods?*

EARLY AND OFTEN

The good news is that common food allergens are some of the most nutrient-dense foods and full of benefits for growing bodies!

THE BIG 9




The “Big 9” refer to the nine foods that are responsible for over 90% of food allergies.

ONGOING EXPOSURE

Include the Big 9 in your LO’s diet regularly to reap the benefits of diet diversity!

IMPORTANT: Talk with your pediatrician about whether your little one is ready for early allergen introduction. Never feed a baby food to which they are already allergic.

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 OF INTRODUCTION	TOP 9 ALLERGENS	ONGOING INCLUSION
_____	 DAIRY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
_____	 EGGS	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
_____	 PEANUTS	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
_____	 TREE NUTS	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
_____	 FISH	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
_____	 SHELLFISH	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
_____	 WHEAT	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
_____	 SOY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
_____	 SESAME	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

✓: Aim to serve each food a couple of times per week through toddlerhood.


*FDA HEALTH CLAIM: For babies with an increased risk of peanut allergy (babies with severe eczema, egg allergy or both), introducing age-appropriate, peanut-containing foods as early as 4 months may reduce the risk of developing a peanut allergy. Caregivers should check with the baby’s healthcare provider before feeding the baby peanut-containing foods.


Simple Ideas to Keep Common Allergens in Little Diets Regularly


REMEMBER: EARLY, OFTEN AND ONGOING IS KEY!


Meals



Yogurt with fruit and MightyMe Peanut Butter Puffs on top  

Well-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

Cheese can be given later in infancy, around the 6-7 month mark. 

Mission MightyMe Nut Butter Puffs, containing almonds, cashews, hazelnuts, peanuts and walnuts  

Mashed soybeans 

Boiled and mashed edamame 

Mashed sweet potato with tahini 

Visit missionmightyme.com for easy recipe inspo and to download our [Early Allergen Introduction Guide](#), a free resource packed with tips & tricks.

Mission MightyMe products must be avoided by anyone who has a known or suspected allergy to any of the ingredients. If you have any questions about what you're feeding your baby, consult your pediatrician.