

# THE NEW APPROACH TO FEEDING ALLERGENS EARLY



## 1 | EARLY INTRODUCTION<sup>1-10</sup>

Begin early introduction of commonly allergenic foods around 4-6 months of age (ideally with continued breastfeeding).

## 2 | DIET DIVERSITY<sup>2,4-9</sup>

Based on excellent safety data, experts advocate diversifying babies' diets to include the most commonly allergenic foods.



## 3 | ROUTINE FEEDING<sup>1-3,8,9</sup>

Consistency is key, feed commonly allergenic foods multiple times per week through infancy and early childhood.

*This plan is not intended for children who have been previously diagnosed with a food allergy.*

# THE NEW APPROACH TO FEEDING BASED ON GLOBAL, LANDMARK RESEARCH

EARLY  
INTRODUCTION

DIVERSE  
DIET

ROUTINE  
FEEDING

## Learning Early About Peanut Allergy (LEAP) 2015

THE NEW ENGLAND JOURNAL OF MEDICINE

Early introduction of peanut fed at least three times a week for five years was safe, reduced development of peanut allergy by 81%.



## Enquiring About Tolerance (EAT) 2016

THE NEW ENGLAND JOURNAL OF MEDICINE

Feeding six potentially allergenic foods (peanut, egg, milk, white fish, sesame, and wheat) to infants as young as three months of age was safe, reduced food allergy development by two-thirds in those able to feed multiple times a week for three years.



## Prevention of Egg Allergy in High-Risk Infants with Eczema (PETIT) 2017

THE LANCET

Daily incorporation of egg in the diet of infants as young as four months, plus good skin protection, reduced egg allergy development risk.



## Venter, et al. 2020

JOURNAL OF ALLERGY AND CLINICAL IMMUNOLOGY

The consumption of 8 allergenic foods (milk, egg, wheat, fish, soy, peanut, tree nuts, and sesame) by 12 months of age may reduce the likelihood of developing a food allergy by up to 96% over the first 10 years of life.



## Protection Against Allergy Study in Rural Environments (PASTURE) 2014

JOURNAL OF ALLERGY AND CLINICAL IMMUNOLOGY

Infants exposed to an increased diversity of complementary foods (including major commonly allergenic food categories such as nuts, cow's milk, fish, soy and egg) within the first year of life have a reduced risk of asthma, atopic dermatitis, and food allergy.



## Canadian Healthy Infant Longitudinal Development (CHILD) 2017

PEDIATRIC ALLERGY AND IMMUNOLOGY

Delaying introduction of cow's milk products, egg, and peanut beyond the first year of life significantly increased the odds of sensitization to those foods.



## Nwaru, et al. 2014

JOURNAL OF ALLERGY AND CLINICAL IMMUNOLOGY

By 12 months of age, less diversity of foods was associated with increased risk of asthma, atopic asthma, wheeze, and allergic rhinitis.



## Ierodiakonou, et al. 2016

JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION

Meta-analysis of 146 studies: Early egg or peanut introduction in infants was associated with lower risk of developing an egg or peanut allergy.



## Holl, et al. (IM EATING) 2020

PEDIATRIC ALLERGY AND IMMUNOLOGY

Healthy infants were fed a daily Mix-in powder that contained the 9 food groups associated with over 90% of food allergies: peanut, milk, egg, tree nuts (almond, cashew, hazelnut, pecan, pistachio, walnut), fin fish (cod and salmon), shellfish (shrimp), wheat, soy and sesame. The Mix-in was well tolerated with zero allergic reactions reported from over 8,000 feedings.



WARNING: Do not give SpoonfulOne to a child if the child has a food allergy or is allergic to any ingredient.

References: 1. Du Toit G, et al. *N Engl J Med.* 2015;372:803-813. 2. Perkin, et al. *N Engl J Med.* 2016;374:1733-1743. 3. Natsume O, et al. *Lancet.* 2017;389:276-286. 4. Venter C, et al. *J Allergy Clin Immunol Pract.* 2020;8:2017-2026. 5. Roudit C, et al. *J Allergy Clin Immunol.* 2014;133:1056-1064. 6. Tran MM, et al. *Pediatr Allergy Immunol.* 2017;28:471-477. 7. Nwaru BI, et al. *J Allergy Clin Immunol.* 2014;133:1084-1091. 8. Ierodiakonou D, et al. *JAMA.* 2016;316:1181-1192. 9. Holl JL, et al. *Pediatr Allergy Immunol.* 2020;31:418-420. 10. Capucilli P, et al. *J Allergy Clin Immunol.* 2020;145:AB219.

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