

lil mixins

EARLY ALLERGEN INTRODUCTION



Early Allergen Introduction Made Easy



Early Allergen Introduction Made Easy

The LEAP, EAT, PETIT, and CHILD studies showed that consistently feeding babies nuts and eggs can stop 75% of food allergies before they develop.

Lil Mixins makes it easy. Just remember 4-3-2-1

4m

Start nut & egg protein with solids as early as **4 months old**

3x

Feed each food **3x a week**

2g

Include **2g of protein**

1y

Continue regular feedings through the **1st birthday**

4m

3x

2g

1y

Starting Solids

Babies will show readiness for solids between 4 and 6 months old by:

- sitting-up, with some assistance
- having neck control and the ability to hold their head up for a long time
- showing interest in what others are eating



Foods that are okay to feed when prepared safely:



Fruits



Vegetables



Yogurts, soft
cheese



Wheat cereal,
oatmeal



Meat & Fish



Things to avoid until the first birthday

Honey

Added Sugar
or Salt










Hard, Chunky
Foods

Thick, tough to
swallow foods



Add Nut & Egg Protein 3x a Week.

Here's how to use all Lil Mixins proteins in a week. 3x a week per protein is the goal. But don't worry if you miss a day, or if your baby loves it and wants to eat more.

Lil Mixins Example Feeding Chart							
	PEANUT		TREE NUT		BAKED EGG		
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Meal 1							
Meal 2							

Notes:

- Small babies may only eat once per day. Feed each Lil Mixins protein 2x per week to start
- Older babies eat bigger meals, you can combine two or even three Lil Mixins proteins into a single meal.



Lil Mixins has 2g protein per serving

Try these easy recipes:

Fruit / Vegetable & Baked Egg Recipe

- Cut 4oz fruit or vegetable of your choice into 1/2 inch pieces.
- In a small pot, steam the cut pieces until very soft.
- Allow to cool & mash or puree into a sauce-like texture.
- Stir in 2 scoops / 1 packet of Lil Mixins Baked Egg Mixin.

Oatmeal & Tree Nut Recipe

- Prepare 1 Tbsp oatmeal according to package instructions. Allow 1 min extra cook time to further soften the oatmeal.
- Combine oatmeal, 5 Tbsp breastmilk / formula, and 2 scoops (or 1 packet) of Lil Mixins Tree Nut Mixin.

Baby Led Weaning - Broccoli & Peanut

- Break 4oz broccoli into florets the size of your baby's hand.
- In a small pot, steam broccoli until soft.
- Allow to cool.
- Sprinkle 2 scoops or 1 packet of Lil Mixins Peanut Mixin onto still wet broccoli.



Continue Until 1 Year

Most food allergies develop in a baby's first year. Start early introduction by 6 months old and continue through 12 months old.

What allergic reactions look like:

Allergic reactions can happen up to 4 hours after eating a food. Mild symptoms of a food allergy are most common in infants and include:

- Redness around the mouth
- Vomiting or diarrhea
- Hives
- Swelling of the face, including puffiness around the eyes



Redness around the mouth during an allergic reaction to peanuts.



Swelling of the face and eye area from an allergic reaction.

Severe symptoms are very uncommon in infants, but more common in toddlers:

- Coughing
- Swelling of the lips and possibly tongue
- Difficulty breathing
- Fever higher than 101 degrees or lower than 97 degrees

Tell your friends

Here is some helpful information you can share with friends

- **Babies aren't born with food allergies**
Food allergies develop, often when babies aren't fed common allergens.
- **Early introduction is training for your baby's stomach.** As a baby's immune system develops, it may be taught to tolerate egg, nuts, and other foods.
- **Lil Mixins Makes it Easy.** Each protein supplement is prepared safely, with no added sugar, mixes into anything, and is affordable.

Give Your Friends Coupon Code:

“SHAREIT”

To save 10% off their purchase



lil mixins®



00850016918123

Questions or Comments?
Contact us at hello@lilmixins.com

To find science, recipes,
and more visit [www.lilmixins.com/
pages/parent-resource-center](http://www.lilmixins.com/pages/parent-resource-center)