



Questions To Ask Your Pediatrician About Early Peanut Introduction

At or before your baby's 4-month well visit, talk to your pediatrician about early allergen introduction. Bring these questions along to help start the conversation about early introduction.

Questions

1. How will I know my baby is ready to start eating solids?
2. I want my baby's first food to be _____. Is that a good place to start?
3. When should I start early introduction?
4. How do I know if my baby has a food allergy?
5. How should I introduce peanuts?
 - How should I prepare the peanuts?
 - How much should I give my baby?
 - How often?
 - For how long?
6. What other common allergens should I be concerned about?
7. Do you have any other recommendations about Early Allergen Introduction?

IMPORTANT: The first 2-3 times you introduce allergenic foods, first make sure your baby is healthy (not sick) and an adult can monitor them for a reaction for 2 hours afterwards.

For more information, visit www.lilmixins.com/faq

Healthcare Providers can visit www.lilmixins.com/providers for more information, including links to the scientific studies supporting our approach to Early Introduction.

www.lilmixins.com