



Food Intolerance

A food intolerance, also known as a food sensitivity, refers to a difficulty the body has when digesting certain foods which can be caused by a number of things such as an absence of GI enzymes, chemical causes, or having a sensitivity to food additives.

Symptoms often occur within a few hours after eating.

Common food intolerance symptoms include:

Bloating, migraines, abdominal pain, hives, gas, diarrhea, heartburn, nausea, upset stomach

Common types of food intolerance are lactose, wheat, gluten, and caffeine.



Local Allergists

Central Mass Allergy & Asthma
425 Lake Ave N. Suite 201, Worcester
(508) 757-1589

Mass Lung & Allergy, PC
85 Prescott Street, Suite 302, Worcester
(774) 420-2611

**Locations also in Charlton and Leominster*

Northeast Allergy, Asthma & Immunology
21 Eastern Avenue, Worcester
(508) 506-3003

79 Erdman Way, Suite 101, Leominster
(978) 926-3512



For any signs reactions or intolerances, please consult CHA or a local allergist for further evaluation

Introducing Allergens



Recommendations and tips for initiating allergen foods with your child

Child Health Associates

(508) 832-9691 & (508) 842-1500
childhealthassociates.net

Food Allergy

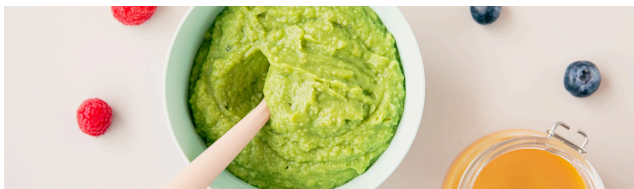
A food allergy involves the immune system and occurs when the immune system mistakes a protein of a food ingredient as a threat and releases antibodies to fight against it.

Symptoms occur within a few moments after eating.

Common symptoms include:
Tingling or itching of the mouth, hives, itching or eczema, wheezing, nasal congestion or trouble breathing, abdominal pain, diarrhea, nausea or vomiting, dizziness, lightheadedness or feeling faint.

Severe reactions include anaphylaxis:
Tightening of the airways, swollen throat, shock with a severe drop in blood pressure, rapid pulse.

Common food allergies are triggered by proteins in peanuts, tree nuts such as walnuts and pecans, wheat, shellfish such as shrimp, lobster and crab, cow's milk, soy.



Seek emergency treatment if your child develops any symptoms of anaphylaxis



Food Choices

The American Academy of Pediatrics suggests infant cereals and pureed meats be offered first, then add strained or pureed fruits or vegetables.

Some pediatricians suggest starting vegetables before fruits, but there is no evidence that your baby will develop a dislike for vegetables if fruits are given first.

Give your child one new food at a time and wait at least 3-5 days before starting another new food - this allows your child time to adjust to the new taste and allows you to observe signs of allergy or intolerance.

Never give honey to infants under 1 year old

At 8-9 months introduce finger foods or table foods that they can pick up and feed themselves.

Do not give anything large enough to choke on.

Foods to Avoid

In children less than 24 months, the following foods should be avoided as they can pose a choking hazard:

Gum, corn, peanuts, meat sticks, nuts, olives, popcorn, round candies, whole or large sections or hot dog, seeds, cherry tomatoes and grapes (unless quartered), hard candies, raw fruits and vegetables such as carrot or celery

When to Introduce

The American Academy of Pediatrics recommends waiting to introduce solids foods until infants are between 4-6 months of age.

When your child is 4-6 months of age, can sit with support and has good head control, it is time to start introducing solid foods.

Special Considerations

- Babies who do not have eczema or an egg allergy are considered LOW risk for developing a peanut allergy and can be introduced according to your preference.
- Babies with mild or moderate eczema are considered at MODERATE risk for developing a peanut allergy while those with moderate eczema are considered as INCREASED risk for developing an egg allergy.

Things to consider

- Babies with severe eczema are considered HIGH risk for developing peanut allergies and are at an INCREASED risk for developing a egg allergy.
- Those with an egg allergy are considered HIGH risk for developing a peanut allergy.
- Prior to introducing the allergen, consider consulting with your pediatrician or an allergist for testing.

For more information, please visit:
<https://www.foodallergy.org/>