








# ALLER-G

## ALLERGEN REACTION CHART

We've got your back with a super simple checklist for tracking your baby's first allergen introduction.  
Note the date of first introduction, serving size & reaction.













	DATE	SERVING SIZE	REACTION	DATE	SERVING SIZE	REACTION	DATE	SERVING SIZE	REACTION
TREE NUT FLOUR 									
COW'S MILK POWDER 									
EGG POWDER 									
SOY POWDER 									
PEANUT FLOUR 									
OTHER INTRODUCTIONS									

Aller- G products must be avoided by anyone who has a known or suspected allergy to any of the ingredients.  
Always consult with your pediatrician, registered dietitian or doctor if you feel u unsure about allergen introduction  
Never feed your baby a food they are already allergic to.



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## ALLERGEN INTRODUCTION CHART

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	EXPOSURE	READY SET GO
TREE NUT FLOUR 	1/2 teaspoon	If NO REACTION occurs	1/2 teaspoon	If NO REACTION occurs	1 teaspoon	Continue with 1 teaspoon exposure to twice weekly, to maintain tolerance	
COW'S MILK POWDER 	1/2 teaspoon	If NO REACTION occurs	1/2 teaspoon	If NO REACTION occurs	1 teaspoon	Continue with 1 teaspoon exposure to twice weekly, to maintain tolerance	
EGG POWDER 	1/2 teaspoon	If NO REACTION occurs	1/2 teaspoon	If NO REACTION occurs	1 teaspoon	Continue with 1 teaspoon exposure to twice weekly, to maintain tolerance	
SOY POWDER 	1/2 teaspoon	If NO REACTION occurs	1/2 teaspoon	If NO REACTION occurs	1 teaspoon	Continue with 1 teaspoon exposure to twice weekly, to maintain tolerance	
PEANUT FLOUR 	1/2 teaspoon	If NO REACTION occurs	1/2 teaspoon	If NO REACTION occurs	1 teaspoon	Continue with 1 teaspoon exposure to twice weekly, to maintain tolerance	
FISH 	SERVING IDEA - Small amounts of mashed, cooked fish or shellfish 1- 2 times per week						Not included
GLUTEN 	SERVING IDEA - Softly cooked pasta, finger-sized pieces of toasted or whole-grain baby cereal.						Not included