



6+
MONTHS

INTENDED FOR INFANTS

ALLER-G

FIRST TASTE, BIG STEPS

INFORMATION BOOKLET
AND GUIDE



Hi, I'm Marita Bezuidenhout, Mom of 3, I have always been passionate about babies health and developmental milestones.

With a decade of experience in the baby food industry, I saw the fear and uncertainty parents face when they needed to introduce allergens. Inspired to create a solution, Aller-G offers the first shelf-stable allergen powders introduction product in South Africa.

Aller-G empowers parents to confidently introduce allergens. Backed by extensive research, it serves as a guide to support parents on this journey.

By providing parents with the right knowledge and tools on how to introduce potential food allergens, we aim to provide peace of mind, ensuring every child has a solid start to healthy eating.

Did you know that in 2016, clinical allergen introduction guidelines changed all over the world? The current best-practice guidelines now recommend introducing all of the common food allergens early on in your solids journey, ideally by 12 months of age. Each allergen should be introduced one at a time over the course of several days, monitoring for any possible reactions, before proceeding to the next allergen.

As daunting as this all may seem, remember that an allergic reaction is a potential risk, and not a certainty. Unnecessarily avoiding foods and food groups can actually be to your baby's detriment-many foods containing allergens are incredibly nutrient dense, and full of benefits for growing bodies. I hope this pack can set you at ease and make allergen introduction a breeze.

Developed with love,

Marita

WHY CHOOSE ALLER-B ALLERGEN INTRODUCTION STARTER PACK:

VARIETY:

Our pack includes 5 of the main allergens in South Africa. Each allergen must be introduced one at a time. See our guideline schedule as an example.

POWDERS OR NUT FLOURS:

Each allergen can be mixed into fruit or vegetable purées, or it can be sprinkled on your baby-led weaning foods. Start with small quantities and increase the amount gradually. Remember to keep exposing your baby to these allergens continuously.

QUALITY CHECKS:

Only high-quality ingredients, from reputable suppliers, are used. Everything is packed in a FSA certified facility.

MONEY-SAVING START:

Contains enough of each food/potential allergen for 3 initial exposures. Start with 1/2 tsp (1 - 2g) and increase gradually. Approximately 11-13 more teaspoon servings can be used over the course of the next few months.

WHAT'S INCLUDED:



1 x Peanut Flour



1 x Egg Flour



1 x Tree Nut Flour



1 x Cows' Milk Flour



1 x Soya Flour

Surprisingly, actual food allergies are rare. In South Africa, only about 2.5% of children are allergic to common allergens like egg, soya, peanuts, and milk. Cows' milk and egg allergies are more likely in the first three years of life, and peanut allergies are on the rise, with about 1 in 50 kids affected.

Before you start your baby's allergen introduction journey, let's jump in with some valuable information.

Aller-G products must be avoided by anyone who has a known or suspected allergy to any of the ingredients. Always consult with your paediatrician, registered dietitian, or doctor if you feel unsure about allergen introduction.

NEVER FEED YOUR BABY A FOOD THEY ARE ALREADY ALLERGIC TO.

DID YOU KNOW



If one parent has an allergy, there's a 30-50% chance the baby will inherit it.



If both parents have allergies, the risk jumps to 60-80%.

If an inherited food allergy is a concern, consider introducing that food last and seek guidance from a registered dietitian.





UNDERSTANDING AN ALLERGIC REACTION

A food allergy is when exposure to a food triggers a harmful immune response. Your immune system triggers cells to make an antibodies known as Immunoglobulin E (IgE) to recognize the allergy-causing food or food substance, called an allergen.

The next time you eat even the smallest amount of that food, IgE antibodies sense it. Your immune system is signalled to release a chemical called histamine into your bloodstream. It is these histamines that cause the symptoms of an allergic reaction.

Allergic reactions can happen within minutes or have a delayed response over a few hours.

WHAT TIME OF DAY SHOULD I INTRODUCE FOOD ALLEGENS?

Try introducing new food allergens during daytime meals. Breakfast or a late morning snack is the best time to start. That way, if your baby has a reaction, you can monitor them more easily and seek medical assistance.

WARNING:

Stop any introduction if an allergic reaction takes place.

If no reaction takes place, continue to give the food allergens to your baby. Stay organised by using our handy tracking chart, available for download on our website.

HOW SHOULD I INTRODUCE ALLEGEN POWDERS?

Your baby should have been introduced to foods low in allergen potential.

Good examples are vegetable & fruit purées, or steamed vegetables, before starting Aller-G.

- Ensure your baby is in good health before you start.
- It's best to try one new allergen at a time. That way, if your baby has an allergic reaction, it will be easier to identify which food is causing the reaction.
- If your baby doesn't have an allergic reaction to the new food, keep giving it to them about twice a week (unless you introduce a new food or allergen within that week).

- Mix a small amount of the new allergen powder/flour with your baby's usual food. If your baby doesn't have a reaction, you can gradually increase the amount next time.
- If your baby has already been diagnosed with an allergy, suffers from eczema or asthma, or you have a family history of allergies, please consult with a medical professional before starting an allergen introduction.

DAY ONE

Start with 1/2 teaspoon (approx. 1-2g) mixed into some fruit or vegetable purée.

DAY TWO

½ teaspoon (approx. 1-2g)

DAY THREE

1 teaspoon (approx. 2-3g)

Three initial exposures should be carried out over 3 consecutive days or 3 days in one week (such as Monday, Wednesday and Friday)

Be patient if your baby doesn't eat the allergen powders right away: It may take several tries before your baby accepts a new food and or texture.



Always use clean plates, bowls, and feeding utensils when introducing a new allergen.



HOW CAN I TELL IF MY BABY IS HAVING AN ALLERGIC REACTION?

Symptoms of an allergic reaction usually occur within a few minutes, but can take up to 2 hours to develop. They might giggle or “gag” for the new powder/flour texture, but this is normal when introducing new foods

MILD-TO-MODERATE SYMPTOMS MAY INCLUDE:

- hives or bumps on the skin
- swelling of the lips, face or eyelids
- discomfort in or around the mouth
- abdominal discomfort or pain
- vomiting
- diarrhoea

If your baby has redness around their mouth, it's usually not an allergic reaction. Babies have sensitive skin which can get easily irritated by some foods. If you're concerned, it's best to discuss this with your doctor.



Gagging is not an allergic reaction.

If your baby has a mild to moderate allergic reaction to a certain type of food:

- Stop giving them that food.
- Monitor them for symptoms such as wheezing and difficulty breathing.
- See your doctor for advice and an accurate diagnosis.
- More serious symptoms can indicate a severe allergic reaction, known as anaphylaxis.
- Anaphylaxis is rare, but it is a medical emergency, and, should this occur, take your baby to the nearest hospital as soon as possible.

THE SYMPTOMS OF ANAPHYLAXIS MAY INCLUDE:

- difficulty breathing or wheezing
- swelling of the tongue
- swelling of the throat — this can cause drooling
- looking pale
- collapse or going 'floppy'
- Go to the nearest emergency room immediately



PEANUT FLOUR

In 2015, the LEAP Study, published in the New England Journal of Medicine, showed that early and regular peanut consumption achieved an 81% reduction in the prevalence of peanut allergy at 5 years of age.

This product is part of the legume family and is different from tree nuts like pecan, macadamia, and cashew etc.

NEVER SERVE WHOLE PEANUTS TO YOUR BABY AS THIS IS A SERIOUS CHOKING HAZARD.

Peanut flour can be a bit grainy and have some texture, so it can take a few bites before your baby gets used to it. We love adding this to some oats, fruit purée, or baby cereal.

We recommend introducing this allergen last.

Ingredients: Peanut Flour

Peanut Flour	Per 100g	Per 1/2 teaspoon (2g)	% NRV* per serving
Energy	2103 kJ	42 kJ	1 %
Protein	25 g	0.5 g	3 %
Glycaemic Carbohydrate	8 g	0 g	-
of which Total Sugar	5.0 g	0.1 g	-
Total Fat	37.2 g	0.7 g	-
Of which Saturated Fat	9.1 g	0.2 g	-
Dietary Fibre [#]	20.1 g	0.4 g	-
Total Sodium	3 mg	0 mg	0 %

*Nutritional information for the product as packed

** Nutrient Reference Values for individuals 6 – 24 months

#AOAC 991.43

STORE IN A COOL DRY PLACE. ONCE OPENED, CLOSE SEAL, REFRIGERATE & USE PRODUCT WITHIN BEST BEFORE DATE.





TREE NUT FLOUR

We have made a perfect blend between pecan & almond flour to introduce to your baby. Not all tree nuts have the exact same protein which can possibly cause an allergic reaction. In some cases, your baby might be allergic to the one but not the other.

NEVER SERVE WHOLE NUTS TO YOUR BABY AS THIS IS A SEVERE CHOKING HAZARD.

Tree nut flour can be a bit grainy and have some texture, so it can take a few bites before your baby gets used to it. If you spot a bigger piece of nut in the flour, please remove the larger piece before serving.

We love adding this to some oatmeal, fruit purée, or coat a steamed apple with some nut powder to serve as a finger food.

Ingredients: Blanched Ground Almond Kernels, Ground Pecan Kernels, Ground Macadamia Kernels. Contains: Tree Nuts

Tree Nut Flour	Per 100g	Per 1/2 teaspoon (2g)	% NRV* per serving
Energy	2031 kJ	41 kJ	1 %
Protein	20.2 g	0.4 g	2 %
Glycaemic Carbohydrate	5 g	0 g	-
of which Total Sugar	4.8 g	0.1 g	-
Total Fat	40.1 g	0.8 g	-
Of which Saturated Fat	3.8 g	0.1 g	-
Dietary Fibre*	14.7 g	0.3 g	-
Total Sodium	1 mg	0 mg	0 %

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COW'S MILK POWDER



Lactose is the “sugar” in milk. The main proteins are casein and whey.

Lactose intolerance & CMPA (Cow’s Milk Protein Allergy) are different conditions.

Your baby might be exposed to this allergen during breastfeeding or formula feeding. This products allergy is referred to as CMPA – Cows’ Milk Protein Allergy.

The difference between a CMPA and lactose intolerance is that a CMPA is an allergy whereas a lactose intolerance is an intolerance (and non-immune mediated). Lactose (milk sugar) can make babies uncomfortable and is not necessarily an allergy. Contact a healthcare provider for more information.

Cow’s milk powder is a fine, sweet powder that can be easily mixed in with fruits or root vegetables.

Ingredients: Cows’ Milk Flour

Cows’ Milk Powder	Per 100g	Per 1/2 teaspoon (2g)	% NRV* per serving
Energy	1375 kJ	28 kJ	1%
Protein	31.4 g	0.6 g	3%
Glycaemic Carbohydrate	49 g	1 g	-
of which Total Sugar	48.6 g	1 g	-
Total Fat	0.2 g	0.0 g	-
Of which Saturated Fat	0.1 g	0.0 g	-
Dietary Fibre [#]	< 0.2 g	< 0.2 g	-
Total Sodium	427 mg	9 mg	1%

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SOYA MILK POWDER



This product is part of the legume family, just like the peanut flour. Soya flour is used in a lot of products —some of which you would never guess have it as an ingredient at all. Therefore, you should always check the ingredient list if your child is having a reaction to a new food. It may contain soya products.

Soya isolate is a smooth, fine texture, so it can easily be mixed into pureés. The taste can be a bit overwhelming – almost like eating some pea powder.

We recommend adding this to some savoury flavours like vegetable pureés or avocado as a snack.

Ingredients: Urase inactivated Soy, Dextrose, Salt, Flavourings, Vitamins, Minerals.
Contains: Soy

Soya Powder	Per 100g	Per 1/2 teaspoon (2g)	% NRV* per serving
Energy	1543 kJ	31 kJ	1 %
Protein	86.4 g	1.7 g	9 %
Glycaemic Carbohydrate	1 g	0 g	-
of which Total Sugar	0.3 g	0.0 g	-
Total Fat	1.5 g	0.0 g	-
Of which Saturated Fat	0.6 g	0.0 g	-
Dietary Fibre#	< 0.2 g	< 0.2 g	-
Total Sodium	1388 mg	28 mg	3 %

*Nutritional information for the product as packed

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EGG POWDER

Both egg yolks and egg whites contain proteins that can cause allergies, but an allergy to egg whites is more common. This powder contains both yolk and white, and storage instructions are vital once opened.

The taste and smell can be a bit overwhelming once you open the sachet –this is normal.

We recommend adding this to some savoury flavours like vegetable pureés or avocado as a snack. The flavour is more subtle than the initial smell.

Ingredients: Egg Flour

Whole Egg Powder	Per 100g	Per 1/2 teaspoon (2g)	% NRV* per serving
Energy	2018 kJ	40 kJ	1 %
Protein	51.2 g	1.0 g	5 %
Glycaemic Carbohydrate	< 0.0 g	< 0.0 g	-
of which Total Sugar	< 0.1 g	< 0.1 g	-
Total Fat	31 g	0.6 g	-
Of which Saturated Fat	10.5 g	0.2 g	-
Dietary Fibre#	< 0.2 g	< 0.2 g	-
Total Sodium	584 mg	12 mg	1 %

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FISH



Not included in this starter pack.

Fish & seafood are 2 different types of possible allergens. Seafood is the broad term used to describe the 2 categories:

- Crustaceans prawns, shrimp, rock lobster (crayfish).
- Molluscs mussels, oysters, squid, calamari and octopus.
- See our website for a fish introduction video.

GLUTEN

Not included in this starter pack.

Most reactions to wheat are not a wheat allergen, but a wheat intolerance. Wheat allergic/intolerant people should look out for a “wheat free” and not just “gluten free” label on food products.



Some grains are naturally gluten free, but are processed with grains that contains wheat, which can lead to cross-contamination.

DISCLAIMER:

All health-related content in this booklet and our website is for informational purposes only. Always seek the advice of your own healthcare provider in connection with any questions regarding your baby's health or other concerns. Please note the content in this document is not intended to be a substitute to professional medical advice.

Aller-G products are not intended to diagnose, treat, cure, or prevent any disease. If your infant has severe eczema or known allergies, check with your infant's healthcare provider before feeding foods containing allergens.

Full disclaimer available on our website.

References:

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