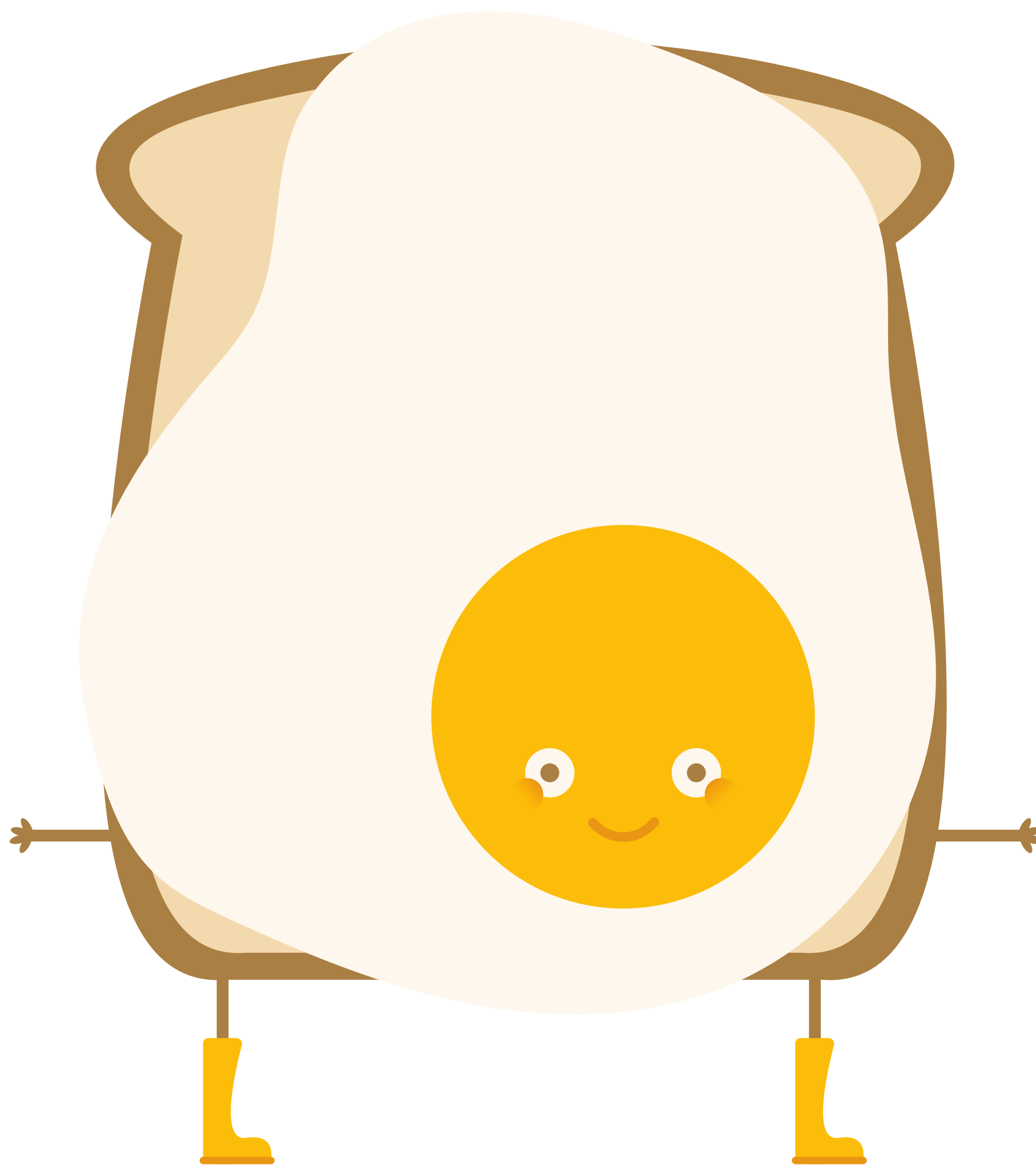


• EGGS •



Hard-boiled egg yolk mashed into pureed vegetables. Hard-boiled egg yolk mashed into baby cereal.

• PEANUTS •



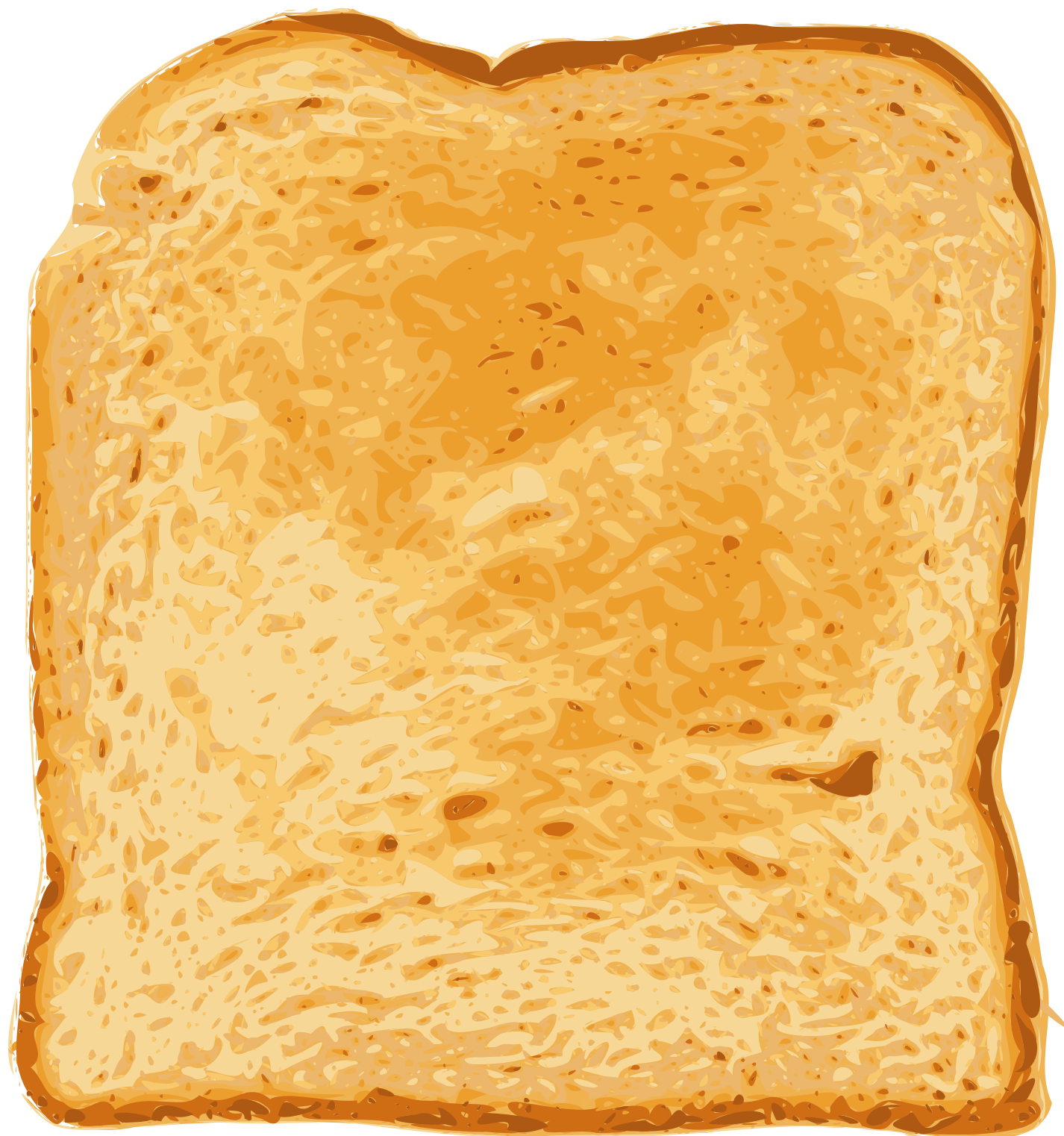
Dilute smooth peanut paste with water and stir into pureed vegetables. Mix a small amount of peanut flour or smooth peanut paste with baby cereal or fruit puree.

• COW'S MILK •



Plain yoghurt (full fat, unsweetened plain) or smooth ricotta can be added to pureed vegetables or fruits. Standard infant formula are based on cow's milk. Mix a small amount of custard (unsweetened plain) with baby cereal or fruit puree.

• WHEAT •



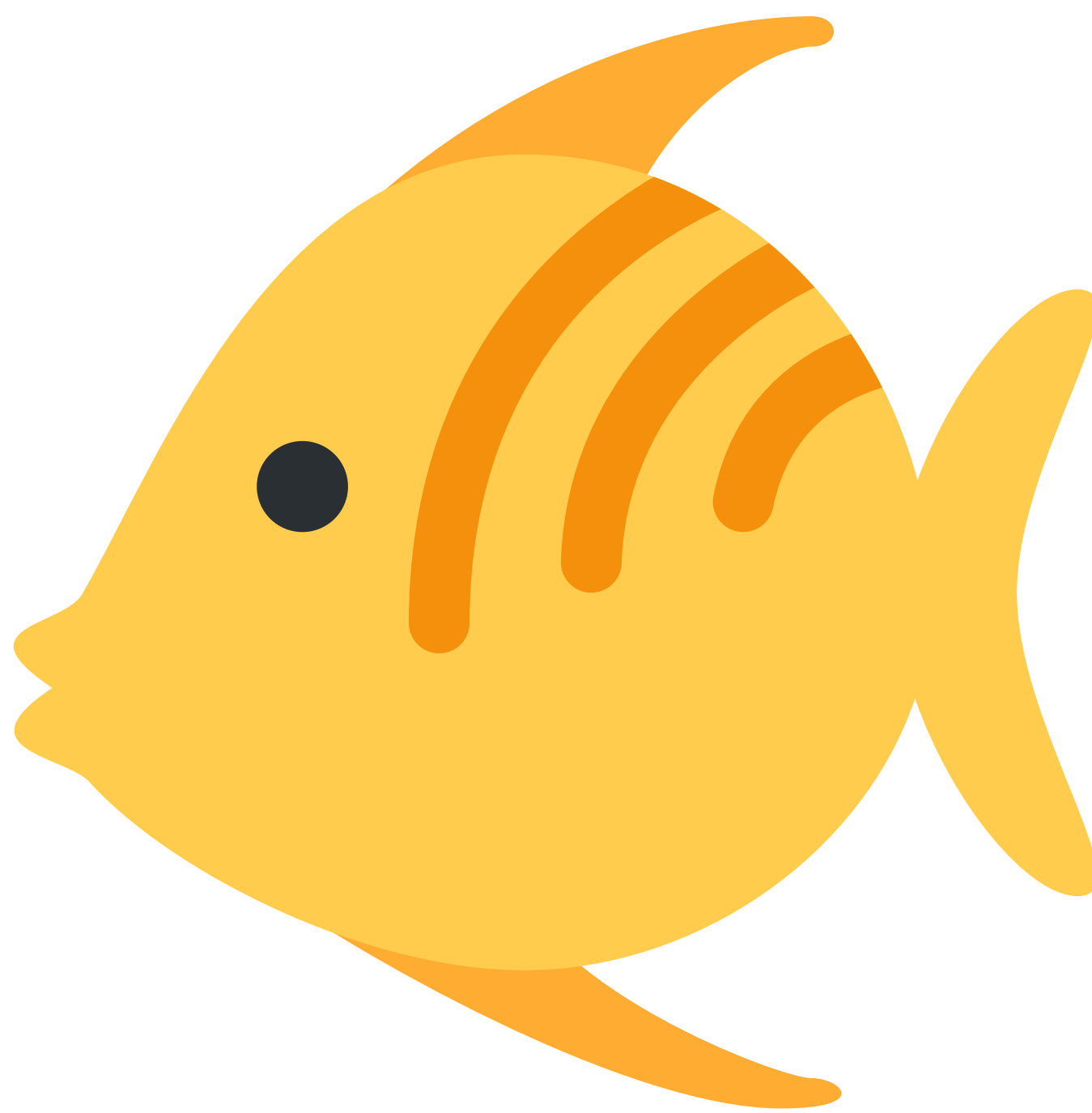
Iron fortified, wheat-based baby cereals. Try semolina porridge mixed with breast milk or infant formula.

•SOY•



Tofu can be mashed smoothly and mixed into fruit purees.

• FISH •



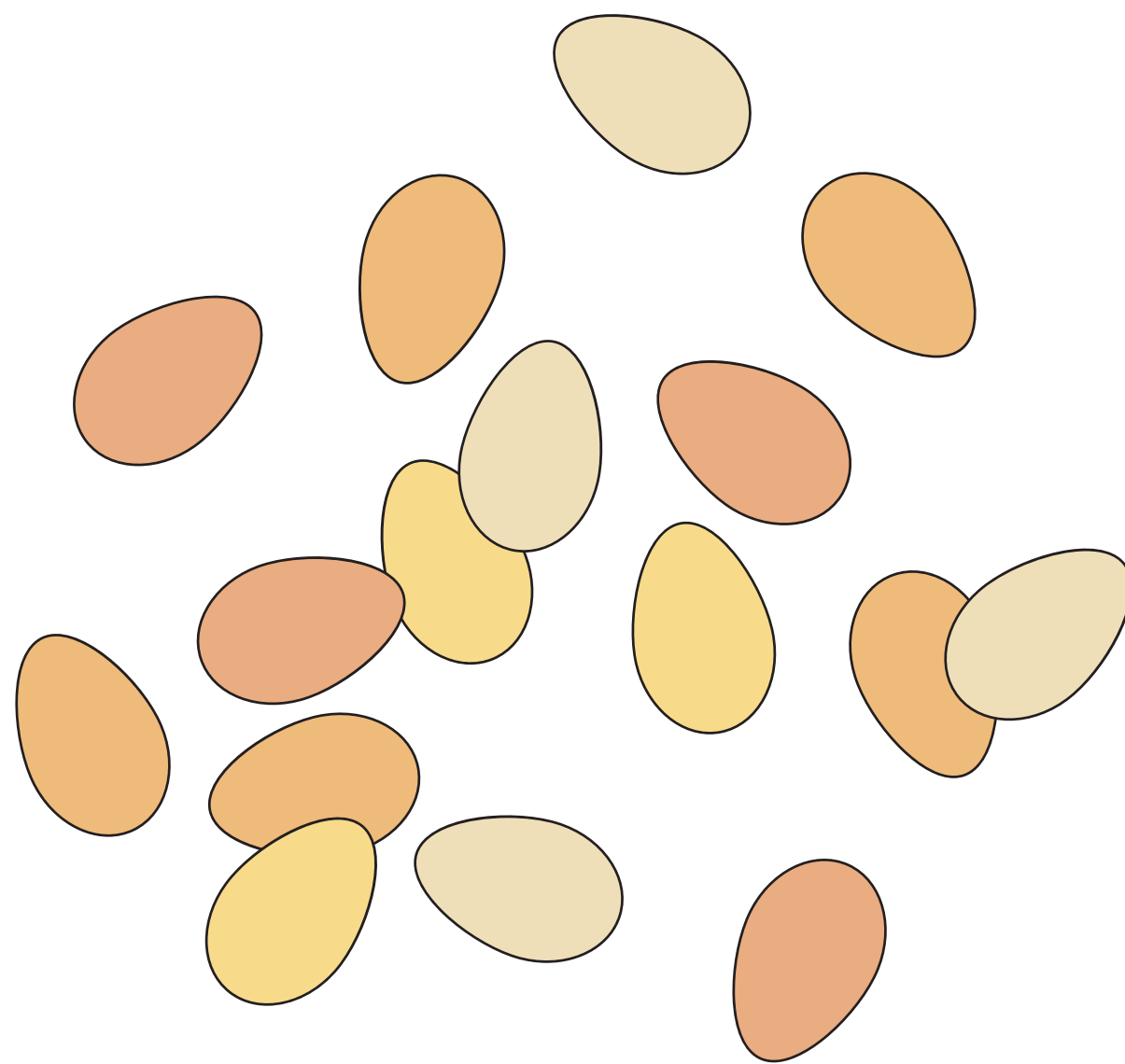
Tinned salmon or tuna can be mashed and mixed into pureed vegetables. Try steamed, boneless white fish finely shredded and stirred into vegetables.

• TREE NUTS •



Dilute smooth tree nut pastes with water and stir into pureed vegetables.

• SESAME •



Tahini can be added to fruit or vegetable purees

**IT IS IMPORTANT TO KEEP FEEDING YOUR
BABY THE ALLERGY CAUSING FOODS
ONCE YOU HAVE INTRODUCED THEM**