

- Hazelnuts – chocolate spreads such as Nutella.
- Cashews – pesto sauce in pasta
- Almonds – red pepper pesto and cakes.
- Pistachios, pecans, walnuts, brazils – bake into cakes.
- You can also grind the nuts up and add them to cereals or yogurts.
- Baked milk – any milk containing recipe where the milk has been baked in the oven for a minimum of 20 minutes such as milk in mashed potatoes on a shepherd's pie.
- Baked egg – any egg containing recipe where the egg has been baked in the oven for at least 15 minutes such as cakes and biscuits, or in mashed potatoes on a shepherd's pie.
- Lightly cooked egg – scrambled egg, pancakes, and shop bought meringues.

Remember to start small and increase the size of portion slowly over time. Aim for 2-3 times a week. Once the food is introduced and eaten regularly, please encourage the child to continue to eat the food for a minimum of a year to prevent the allergy re-occurring.

Contact numbers

If you have any questions or concerns, please contact:

Paediatric Allergy Team: 0118 322 7224

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This document can be made available in other languages and formats upon request.

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Re-introducing foods

Advice and support for parents and carers

This leaflet offers general advice on re-introducing foods to your child following a negative test result as directed by the Paediatric Allergy Team.

Your child has been assessed by the Paediatric Allergy Team and has either had a negative skin prick test, negative blood test and/or a negative oral food challenge. This means that they do not have an immunoglobulin E (IgE) mediated food allergy and it has been deemed safe to re-introduce these foods.

Please note: if your child has a non-IgE allergy then only introduce foods on doctor's advice and following the ladder plans.

What happens next?

You will be advised to introduce the food into your child's diet 2-3 times a week at a portion size that is appropriate to your child's age and eating habits. It is important to only do this when your child is well (no temperatures, viral illnesses or worsening symptoms of long term illnesses).

Do I have to re-introduce the food?

Yes. It is important to re-introduce the foods as the risk of allergies re-occurring is high in children if they are not exposed to the allergen.

I am anxious about giving my child these foods. Is this normal?

For many families, the thought of introducing these foods after having avoided them for so long can be a scary idea. Our aim is to reduce the anxieties around this and ensure that your child is given the best possible chance to avoid the allergy reoccurring.

If the team felt that this was in any way unsafe, we would not advise it. The Paediatric Allergy Clinical Nurse Specialists (CNS) will be available to support you over the telephone during this time. Their numbers are on the back of this leaflet.

My child won't co-operate

Your child may be at an age where they understand and remember that the food you're trying to re-introduce made them feel unwell previously. This can be challenging when reintroducing the food, so it might be a good idea to disguise it initially in other foods until they understand that it is ok to eat it

again. Your dietitian or the CNS can help you with this. It is important to remember that there may be a psychological element when reintroducing foods. If your child mentions feeling sick, it's likely to be because they think the food will make them sick as it previously did. If this happens, pause and monitor. If they show no other signs of reactions, then try again after a couple of days.

What if my child reacts again?

It is common to see a skin reaction around the mouth and/or one or two hives. We advise to persevere with the re-introduction and ensure that you wipe the mouth and hands as soon as the food has been eaten. You could also reduce the amount for a week and gradually increase. If your child's reactions worsen, then stop feeding, give them antihistamines if required and contact the Paediatric Allergy Team.

How do I introduce the food?

You can do this by using the following tips:

- Peanuts – spread a teaspoon of peanut butter onto a slice of bread and start with a quarter of a slice. Increase the amount over a few weeks until eating a whole slice.