

# Home food introduction

This leaflet gives more information about the home food introduction process. If you have any questions, please speak to a dietitian looking after your child.

Home food introduction is when we introduce a food that we believe your child is **not** allergic to, or **no longer** allergic to. This can be done safely at home.

## Why we are suggesting this for your child

We have done allergy tests that show that your child is not allergic to the food that we are recommending you introduce to them. The risk of a reaction is very small and that food can be introduced at home.

## When to do the home food introduction

- Make sure your child is **well** with **no** illness.
- Make sure that their eczema, asthma or hay fever are well controlled.
- If your child has **needed** to use a **salbutamol** (Ventolin®) or **terbutaline** (Bricanyl®) blue inhaler in the last 72 hours (3 days), delay the food introduction until they have not needed those inhalers for 72 hours.

## Where to do the home introduction of food

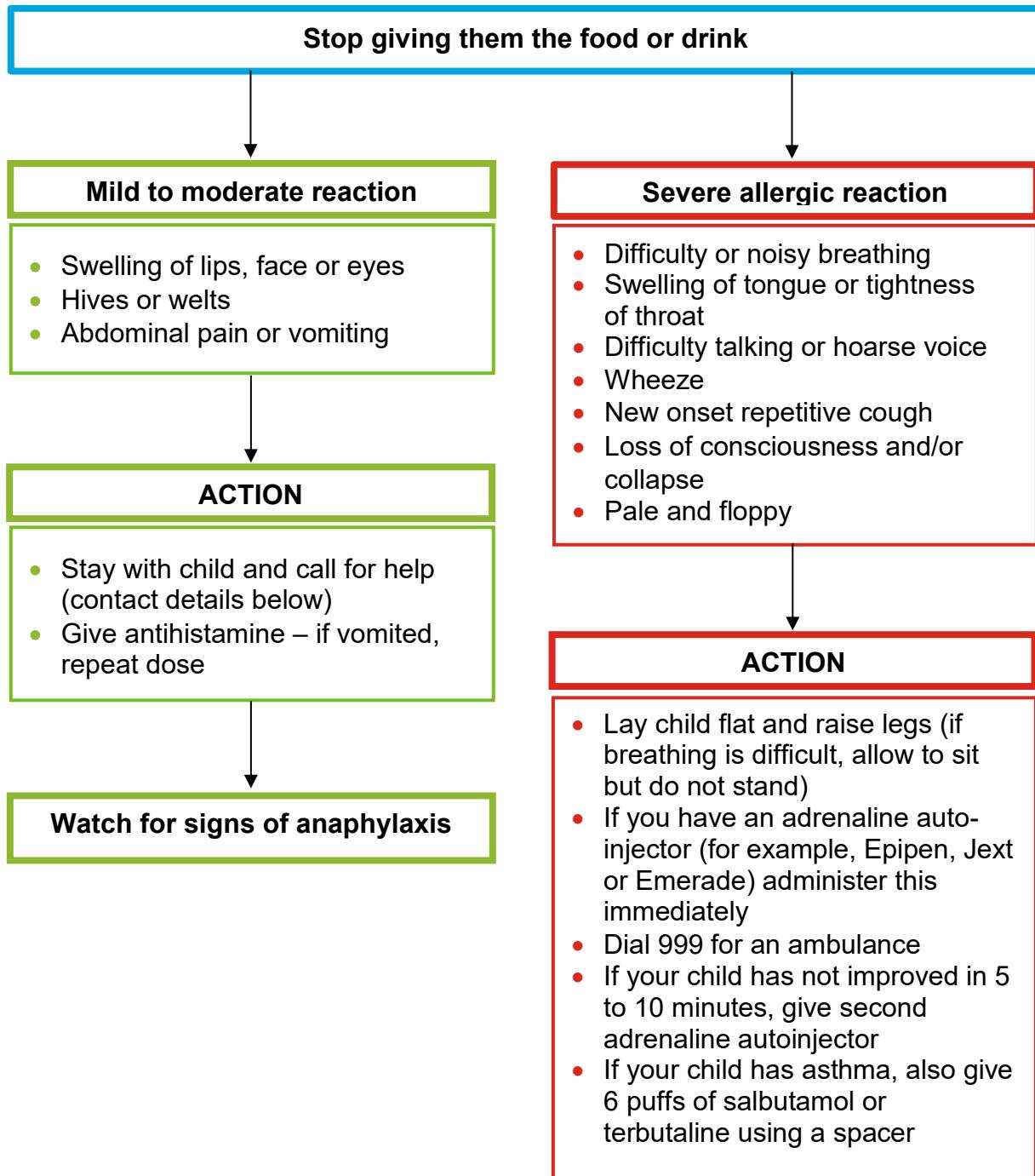
Do the food introduction in your home on a day that you have time to watch your child eating the food, and for a couple of hours after they have eaten the food.

## How to do the home food introduction

- Make sure that the new food does not contain, and is unlikely to be contaminated with, any other foods your child is allergic to or has never eaten before.
- Only introduce 1 new food at a time.
- Leave at least 3 days between introducing each new food.
- Give your child a normal child-sized portion of the food (see table).
- If your child refuses to eat the food, do not force them.
- Make sure that you have easy access to **your child's emergency medicines**, as stated on their **emergency plan**, in case of an immediate allergic reaction.
- If your child has **any signs** of an immediate **allergic reaction**, **stop** giving the food and give the necessary medicines (use the flow diagram). This type of reaction can happen within minutes, or up to 2 hours after eating the food.
- If at any time you are **not sure** if your child is having an allergic reaction, **stop** giving the food and observe them closely for any symptoms.

If your child eats the whole portion without any problems, observe your child for 2 hours after they have completed eating the food.

## What to do if your child has an immediate reaction to the food



**If you are not sure if your child is having an allergic reaction, stop giving the food and observe closely for any symptoms**

## Home food introduction examples

Food being introduced	Suggested foods to give	Total amount of food for a child-sized portion	
		0 to 6 years	7+ years
Well-cooked egg	Hard-boiled, medium-sized egg (cooked for 10 minutes in boiling water). It can be chopped or puréed and added to fruit purée, yogurt or a savoury dish	½ to 1	1
Milk	Shop-bought, fresh, pasteurised cow's milk	150ml	150ml to 250ml
Soya milk	Shop-bought soya milk, for example, Alpro®, Provamel®, Tesco's own, Sainsbury's own	150ml	150ml to 250ml
Soya yogurt	Supermarket's own brand of soya yoghurt, for example, Tesco's Free From or Alpro® Soya yoghurt	100g to 120g	120g to 150g
Wheat	Weetabix®	1½ Weetabix biscuit	1½ to 2½ Weetabix biscuits
	Wheat – durum wheat pasta, cooked	60g (cooked)	60 to 202g (cooked)
Sesame	Sesame seeds (can be mixed with fruit purée, yogurt or a savoury dish)	16g (4 teaspoons)	16g (4 teaspoons)
	Tahini paste* (made from 100% sesame seeds) can be given on bread, rice cakes, added to fruit purée, yogurt or savoury dish	16g (3 rounded teaspoons)	16g (3 rounded teaspoons)
	Sesame snaps	3 snaps (30g packet)	3 snaps (30g packet)
Fish (white fish)	Cod fish finger (frozen)	1½ to 2 fingers	2 to 4 fingers
Green or red lentils	Cooked or tinned lentils	40g	50g to 150g

\* Please note that some tahini pastes contain ingredients other than sesame seeds, and may have 'May contain traces of nut' warnings. We recommend you choose a product that **only** contains sesame seeds. If your child is allergic to any nuts, we suggest that you use a product that does not have 'may contain' warnings, such as Sunita® tahini paste.

After your child's successful home food introduction, it is safe to regularly include the new food in their diet.

## Contact us

If you have any questions about food your child is having introduced at home, please contact us, **phone** 020 7188 3300, or you can book a phone appointment using MyChart for the specialist nurse helpline. You find more information on the allergy page of our **website**, [www.evelinalondon.nhs.uk/our-services/hospital/allergy-service/overview.aspx](http://www.evelinalondon.nhs.uk/our-services/hospital/allergy-service/overview.aspx)  
Or you can **email** [gstt.allergypaediatrics@nhs.net](mailto:gstt.allergypaediatrics@nhs.net) and your email will be directed to an appropriate member of the team.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **web** [www.evelinalondon.nhs.uk/leaflets](http://www.evelinalondon.nhs.uk/leaflets)

### **Evelina London Medicines Helpline**

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline, **phone** 020 7188 3003, Monday to Friday, 10am to 5pm

### **Your comments and concerns**

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS), **phone** 020 7188 8801 **email** [gstt.pals-gstt@nhs.net](mailto:gstt.pals-gstt@nhs.net)

### **Language and accessible support services**

If you need an interpreter or information about your care in a different language or format, please contact the service your child is seeing.

### **NHS 111**

This service offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day, **phone** 111 **web** [www.111.nhs.uk](http://www.111.nhs.uk)

### **NHS website**

This website gives information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing, **web** [www.nhs.uk](http://www.nhs.uk)

### **Get involved and have your say: become a member of the Trust**

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch, **phone** 0800 731 0319 **email** [gstt.members@nhs.net](mailto:gstt.members@nhs.net)  
**web** [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)

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