











Common concerns

What about allergies?

At this special time when your baby tries different foods it is important to introduce foods that can cause allergic reactions one at a time. If you introduce a small amount, you will be able to see if there are any reactions. If you are concerned about a reaction, please call 111 for advice and see your GP. Make sure you seek medical advice before removing any food groups from your baby's diet.

Common high allergen foods that can be introduced from around six months, these are:

-  Eggs (lion stamped)
-  Cow's milk (in cooking)
-  Foods that have gluten
-  Nuts and peanuts (crushed or ground)
-  Seeds (crushed or ground)
-  Soya
-  Shellfish (cooked)
-  Fish

[Allergy UK](#) have information about signs of a food allergy.



Allergies can cause a rare and severe reaction called anaphylaxis. This is a medical emergency and you should call 999 immediately if you are concerned.