Bite100 FOOD PASSPORT FREE PRINTABLE

Allergen *Bingo*

From about 6 months, once baby is eating a few other solids.

BABY _____

STARTED _____

1. **One new allergen at a time**, on a day baby is well, at home, early in the day.
2. **Start with a small taste.** Wait about 10 minutes, offer the rest, then watch baby for 2 hours.
3. **Fill a dot each time.** Three dots? Color the stamp or add a sticker.

01



STAMP HERE

Peanut

Smooth peanut butter, thinned with water, breast milk or formula

DATE DATE DATE

02



STAMP HERE

Egg

Well-cooked egg, yolk and white

DATE DATE DATE

03



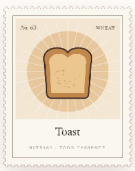
STAMP HERE

Dairy

Plain full-fat yogurt or pasteurized cheese

DATE DATE DATE

04



STAMP HERE

Wheat

Toast strips, soft pasta or wheat cereal

DATE DATE DATE

05



STAMP HERE

Soy

Soft tofu strips or mashed tofu

DATE DATE DATE

06



STAMP HERE

Fish

Cooked salmon or cod, flaked, bones removed

DATE DATE DATE

07



STAMP HERE

Tree nut

Smooth cashew or almond butter, thinned

DATE DATE DATE

08



STAMP HERE

Sesame

Tahini, thinned or stirred into food

DATE DATE DATE

09



STAMP HERE

Shellfish

Fully cooked shrimp, finely minced

DATE DATE DATE

THEN KEEP IT IN

Once an allergen is stamped, keep serving it regularly, about 2 to 3 times a week. Never serve whole nuts or spoonfuls of nut butter, and keep everything soft and baby-safe.

CALL 911 (OR YOUR LOCAL EMERGENCY NUMBER)

for trouble breathing, swelling of the lips, tongue or face, hives spreading over the body, repeated vomiting, or if baby turns pale, floppy or unusually sleepy. Use epinephrine first if prescribed. A few hives around the mouth only: stop, take a photo and call your pediatrician.

Severe eczema or a known food allergy? Talk to your pediatrician before you start. Based on AAP and NIAID guidance; educational, not medical advice.