

INFANT ALLERGIES WHILE BREASTFEEDING

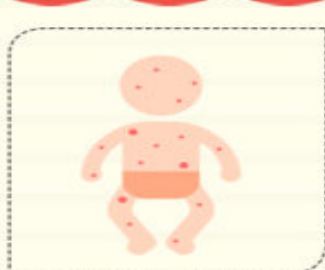
Signs Of Allergies In Breastfeeding Infants



Risk Factors For Food Allergies In Nursing Babies

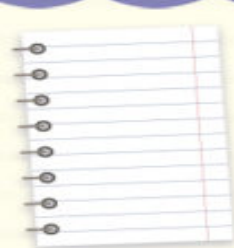


Family history of food allergies



Prior history of other allergies, such as skin allergies

Preventing Food Allergies In Breastfeeding Babies



Maintain a food diary and track your baby's symptoms



Eliminate suspected food triggers and check for the baby's responses



Know the foods to be avoided while nursing



Check with your doctor about supplements you consume



Some common food allergens are dairy, nuts, and soy



Cut down on caffeine, spicy, and gassy foods

References:

1. Breastfeeding a Baby With Food Allergies; The Children's Hospital of Philadelphia
2. Infant Allergies and Food Sensitivities; American Academy of Pediatrics
3. Presentation and Management of Food Allergy in Breastfed Infants and Risks of Maternal Elimination Diets; The Journal of Allergy and Clinical Immunology: In Practice