

Ways To Keep Carrot Allergy In Babies Under Check



Keep the baby away from carrots if touching the vegetable is suspected of triggering an allergic reaction.



Avoid raw carrots but speak to your doctor about feeding cooked carrots, as cooking can destroy allergenic proteins.

Speak to your doctor about avoiding other vegetables in the carrot family to avoid potential cross-reaction.



Read baby food labels carefully to avoid items that may contain carrots.

Use antihistamines as directed by the doctor to control or reduce allergy symptoms.



References:

1. Pollen Food Allergy Syndrome; ACAAI
2. Food allergy; Allergy UK