Pebbi

# Allergen tracker

**Latin America • 10 allergens**



**Baby's name** _____ **Started on** _____

Tick a box each time you offer the food. Circle Yes or No and note any symptoms.

| Allergen | First tried | Times given | Last given | Any reaction? |
|---|---|---|---|---|
| **Milk** | | ☐☐☐☐☐☐☐☐ | | Yes / No |
| **Egg** | | ☐☐☐☐☐☐☐☐ | | Yes / No |
| **Peanuts** | | ☐☐☐☐☐☐☐☐ | | Yes / No |
| **Tree nuts**<br>Write each nut below | | | | |
| Nut _____ | | ☐☐☐☐☐☐☐☐ | | Yes / No |
| Nut _____ | | ☐☐☐☐☐☐☐☐ | | Yes / No |
| Nut _____ | | ☐☐☐☐☐☐☐☐ | | Yes / No |
| **Sesame** | | ☐☐☐☐☐☐☐☐ | | Yes / No |
| **Soy** | | ☐☐☐☐☐☐☐☐ | | Yes / No |
| **Fish** | | ☐☐☐☐☐☐☐☐ | | Yes / No |
| **Cereals containing gluten**<br>Wheat, barley, rye, oats | | ☐☐☐☐☐☐☐☐ | | Yes / No |
| **Crustaceans**<br>Prawns, crab | | ☐☐☐☐☐☐☐☐ | | Yes / No |
| **Sulphites**<br>In some dried fruits | | ☐☐☐☐☐☐☐☐ | | Yes / No |

## When introducing foods

- On a morning when your baby is well, offer a small amount of one new allergen at a time.
- Leaving a few days between new allergens can make it easier to tell which food symptoms might be linked to.
- Serve nuts finely ground or as smooth nut butter thinned into food. Never give whole nuts.
- Watch for 2 hours. Some reactions appear hours or even a few days later.
- Keep offering tolerated foods regularly. Tell other carers what your baby ate and any symptoms you noticed.

## Signs of a severe reaction

Trouble breathing or wheezing, sudden swelling of the lips, tongue or throat, or a baby who is very pale, floppy or hard to wake.

**Call your emergency number immediately.** **Emergency number** _____

**Track it free in Pebbi, shared with everyone who feeds your baby**

pebbi.co/baby-allergen-tracker

General information, not medical advice. Follow your doctor's or allergy team's advice.