Pebbi

Allergen tracker

UK and EU • 14 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 Write each nut below				
Nut _____		☐☐☐☐☐☐☐☐		Yes / No
Nut _____		☐☐☐☐☐☐☐☐		Yes / No
Nut _____		☐☐☐☐☐☐☐☐		Yes / No
Sesame		☐☐☐☐☐☐☐☐		Yes / No
Soya		☐☐☐☐☐☐☐☐		Yes / No
Fish		☐☐☐☐☐☐☐☐		Yes / No
Cereals containing gluten Wheat, barley, rye, oats		☐☐☐☐☐☐☐☐		Yes / No
Crustaceans Prawns, crab		☐☐☐☐☐☐☐☐		Yes / No
Molluscs Mussels, clams		☐☐☐☐☐☐☐☐		Yes / No
Celery		☐☐☐☐☐☐☐☐		Yes / No
Mustard		☐☐☐☐☐☐☐☐		Yes / No
Lupin		☐☐☐☐☐☐☐☐		Yes / No
Sulphites 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.