

Family foods and foods for toddlers

NIP
ALLERGIES
IN THE

Bub

Healthy family foods

Expanding tastes

Keeping allergens
in the diet

Learning about
sitting at the table

Finicky eating
may start

- Continue to offer your toddler a wide variety of family foods - they will gradually learn to eat the same foods as the rest of the family.
- To help prevent food allergy developing, research shows that children need to keep eating the common allergy causing foods, up to 5 years of age. So, continue to include a range of common allergy causing foods in the foods your family usually eats. Aim to include the allergy causing foods at least twice a week.
- To make it easy, purchase foods that contain a variety of allergens (e.g. wheat-based bread with soy and sesame), and cook foods with a variety of allergens (e.g. fish dipped in egg and crumbed with a mixture of breadcrumbs and sesame seeds or ground tree nuts).
- To reduce the risk of choking, toddlers should not be given whole nuts and other hard foods to eat.
- For many reasons, toddlers can become finicky eaters. If you are concerned about your toddler's eating seek advice from a health care professional.



COW'S MILK

Offer milk to drink from a cup and include yoghurt and cheese in meals and snacks.



EGG

Include eggs as part of a quick protein rich lunch (e.g. scrambled eggs or add hard boiled to a grazing plate). Eggs can be baked in muffins or nut loaf for homemade snacks.



WHEAT

Offer wheat included in staple foods such as bread, pasta and cereals.



FISH

Offer fish as part of family meals. Try crumbing fish with egg and breadcrumbs with added ground tree nuts. Tinned tuna and salmon makes a quick pasta topping mixed with cut up cooked vegetables, and fish fingers make a quick lunch.



SOY

Soy is usually included in commercial breads. You can also add reduced salt soy sauce in fried rice or to dip sushi in. Use tofu in dips or add tofu to stir fries.



PEANUT

Add finely ground peanuts to breakfast cereal, salads, mixed into crumbing for making meatballs or homemade chicken nuggets, added to yoghurts or in crumble toppings for desserts.



TREE NUTS

Try homemade nut sprinkle which can be added to breakfast cereal, on salads, mixed into crumbing for making meatballs or homemade chicken nuggets, added to yoghurts or in crumble toppings for desserts.



SESAME

Add to crumble toppings. Buy bread topped with sesame seeds, or commercial sesame 'grisini' sticks for snacks. Dip vegetables in hummus.



SHELLFISH

Try crab cakes. Prawns, pan fried or steamed with noodles and cooked vegetables. Scallops, steamed and chopped and added to rice and cooked vegetables.

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