

Food Introduction with FPIES can be SAFE & FUN



Key Points of Food Introduction with FPIES Includes:



SUPPORTING NORMAL GROWTH AND DEVELOPMENT

At this age, your child needs solid foods to meet their nutritional needs beyond breastmilk and formula to promote adequate growth and development.



ESTABLISHING A POSITIVE FOOD RELATIONSHIP

Responsive feeding involves responding to your child's feeding cues, allowing them to eat and stop eating following their own hunger/fullness. This method of feeding promotes a positive relationship with food.



AVOIDANCE OF ALLERGENS

It is critical to read food labels, particularly the ingredient list, each time you purchase and eat foods and avoid foods containing the allergen(s). You do not need to be concerned about allergen warnings such as “may contains” statements.



PROMOTE ACCEPTANCE OF FOOD VARIETY

This is a critical time of food introduction where your child naturally accepts and is ready to explore a wide variety of foods. This exposure can lead to wider food acceptance in the future.

“Every baby is unique,
and so is their food
journey”

- You are not to blame. This is not your fault!
- Stay calm. Mealtimes should still be fun and enjoyable.
- Single food triggers are more common than multiple triggers.
- Did you know that most children outgrow FPIES by age 6?
- Preventing reactions involves careful reading of food labels.
- With any diet restriction, make sure to plan for a nutrient-rich and balanced diet with the help of your care team.

Potential Moderate/High Risk FPIES Triggers

Food Group	Moderate Risk	Higher Risk
Milk & Alternatives		Cow, Goat, and Sheep Milk, Soy, Pea, Oat, and Rice Beverages
Meat, Fish, Poultry		Fish, Poultry
Other Protein Foods	Peanut	Soy, Egg
Grains	Wheat, Corn	Rice, Oat
Vegetables	Squash	Pea, Sweet Potato
Fruit		Avocado, Banana

Adapted from Groetch et al. 2021, doi:10.1016/j.anai.2021.03.007

TIPS FOR INTRODUCING MODERATE OR HIGH RISK FOODS

First Day:

- Introduce higher-risk foods gradually, as a single ingredient, beginning with 1/2 to 1 tsp

Following a Successful First Introduction:

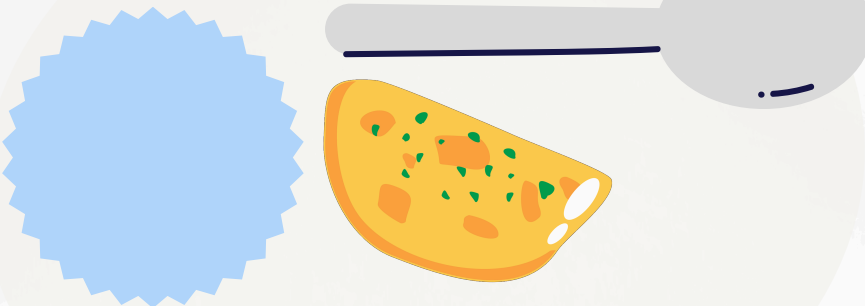
- Continue feeding the food for at least 4 days before introducing any other new foods
- Serve twice per day (separated by 6 hours)
- Double the amount with each serving

General Tips:

- During all food introductions, observe your child for any development of a reaction.
- As the infant tolerates a greater number of foods, the amount of time between food introductions should be reduced to prevent delays in feeding a diverse and balanced diet.
- For foods considered not at high risk, still introduce only one new ingredient per meal. In the event of an FPIES reaction to the food, waiting until the symptoms have fully resolved before introducing a new food is a practical approach.

Consult with your healthcare professional when making changes to your child's diet.

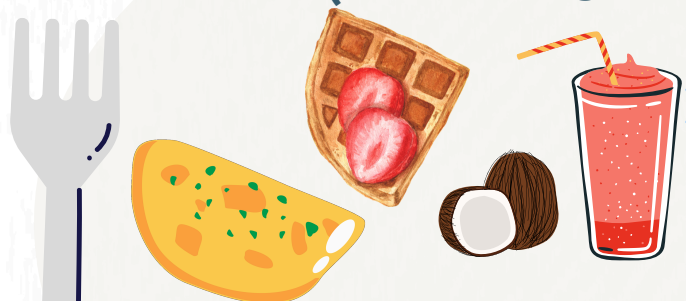
EXAMPLE PLATE OF FIRST DAY INTRODUCTION



1 teaspoon of scrambled egg

After a successful first introduction...

EXAMPLE PLATE OF DAY 2 (AND BEYOND!)



Breakfast: wheat waffles, **scrambled egg**, and strawberries and cream smoothie: made with coconut milk and strawberries

Continue to feed with other tolerated foods for at least the next 4 days! If tolerated, it can be added to the diet!

Looking for more resources?

The FPIES Foundation is a nonprofit organization that runs a website with many helpful links, including stories of other families with FPIES, a toolbox of how to get started on your FPIES journey, and even a section with kid-friendly material!

For a link to the FPIES foundation website, Scan this QR code!

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