

## May Parent Newsletter

### Food Allergy Action Month

Over the last several years, allergy-prevention guidelines discouraged parents from feeding their infants allergenic foods – like peanuts, wheat, and eggs – in order to prevent the development of food allergies. Now, these guidelines are shifting.

### Why Has Advice Changed?

Many people suffer from food allergies in the United States, which spurred several new studies on the prevention of allergic disease. Emerging evidence says delaying the introduction of certain highly allergenic foods is not as beneficial as we thought. It is actually the opposite: early introduction of allergenic foods can help prevent food allergies.

## Local Resources

We always encourage talking to your doctor to decide what is best for you and your baby.

### The Corvallis Clinic

Roland Solensky, M.D., specializes in allergy & immunology, and sees patients at The Corvallis Clinic and The Corvallis Clinic at Waverly Drive/Albany (formerly Albany Family & Specialty Medicine).

#### Need an appointment?

Call 541-754-1260 in Corvallis or 541-967-8221 in Albany.

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### Coastal Pediatric Associates

775 SW 9th St Annex A  
Newport, OR 97365  
Call 541-265-5363  
[www.coastalped.net](http://www.coastalped.net)

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### Oregon Health Plan (OHP)

FREE nurse advice line  
24 hours a day, 7 days a week  
Call 1-800-562-4620

## What Do the Experts Say?

### Diet During Pregnancy and/or Breastfeeding

If you are pregnant and/or breastfeeding, don't start eating lots of peanuts just yet! Eating allergenic foods during pregnancy shows no significant difference in preventing allergic disease in newborns. This is true while breastfeeding too. If you like peanuts, eat them! Avoiding peanuts is fine too.

This information is from [Clinical and Translational Allergy](#).

### Diet During Infancy

There may not be a lot we can do to prevent food allergies while pregnant and/or breastfeeding, but introducing peanut-containing foods to infants can help prevent them from developing food allergies later in life.

If you are not comfortable with this, that is okay!  
We always encourage talking to your doctor  
to decide what is best for you and your baby.

2017 Guidelines for the Prevention of Peanut Allergy

- 1. Infants with severe eczema, egg allergy, or both:** After an evaluation by an allergist, introduce peanut-containing foods as early as 4-6 months.
- 2. Infants with mild or moderate eczema:** Introduce peanut-containing foods around 6 months.
- 3. Infants without eczema or food allergies:** Introduce peanut-containing foods at any time to infants who can eat solid foods.

This information is from [The National Institute of Allergy and Infectious Diseases](#).

### Did You Know?

Allergen-to-skin can cause skin irritation and allergic reactions.

1. Wash hands between handling allergenic foods and your infant.
2. Be cautious of skincare products with nut oils or hydrolyzed wheat protein.



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