

A GUIDE TO INTRODUCING ALLERGENS TO YOUR BABY

CALENDAR - 5 WEEKS





ALLERGEN INTRODUCTION GUIDE

WEEK 1 : WHEAT AND MILK

DAY 1

BREAKFAST Baby wheat cereal

LUNCH Zucchini puree or grated and softened in a pan

DINNER Meat or bean puree

DAY 2

BREAKFAST Baby wheat cereal

LUNCH Apple puree or grated and cooked

DINNER Meat or bean puree

DAY 3

BREAKFAST Baby wheat cereal

LUNCH Zucchini puree or grated and softened in a pan

DINNER Meat or bean puree

DAY 4

BREAKFAST Baby wheat cereal mixed with a little plain yogurt.

LUNCH Pear puree or pear slices softened through cooking

DINNER Meat or bean puree

DAY 5

BREAKFAST Baby wheat cereal mixed with a little plain yogurt

LUNCH Zucchini puree or grated and softened in a pan

DINNER Meat or bean puree

DAY 6

BREAKFAST Baby wheat cereal mixed with a little plain yogurt

LUNCH Apple puree or grated and cooked

DINNER Meat or bean puree

DAY 7

BREAKFAST Baby wheat cereal mixed with a little plain yogurt

LUNCH Zucchini puree or grated and softened in a pan

DINNER Meat or bean puree





ALLERGEN INTRODUCTION GUIDE

WEEK 2 : EGGS AND PEANUTS

DAY 1

BREAKFAST	Scrambled eggs with a drizzle of milk, cooked in unsalted butter
LUNCH	Roasted squash puree, or soft strips
DINNER	Meat or bean puree

DAY 2

BREAKFAST	Scrambled eggs with a drizzle of milk, cooked in unsalted butter
LUNCH	Pear, mashed or cut into tender wedges after cooking
DINNER	Meat or bean puree

DAY 3

BREAKFAST	Scrambled eggs with a drizzle of milk, cooked in unsalted butter
LUNCH	Roasted squash puree, or soft strips
DINNER	Meat or bean puree

DAY 4

BREAKFAST	Scrambled eggs with a drizzle of milk, cooked in unsalted butter
LUNCH	Pear, mashed or cut into tender wedges after cooking
DINNER	Meat or bean puree

DAY 5

BREAKFAST	Baby wheat cereal mixed with a touch of natural peanut butter
LUNCH	Roasted squash puree, or soft strips
DINNER	Meat or bean puree

DAY 6

BREAKFAST	Baby wheat cereal mixed with a touch of natural peanut butter
LUNCH	Pear, mashed or cut into tender wedges after cooking
DINNER	Meat or bean puree

DAY 7

BREAKFAST	Baby wheat cereal mixed with a touch of natural peanut butter
LUNCH	Roasted squash puree, or soft strips
DINNER	Meat or bean puree





ALLERGEN INTRODUCTION GUIDE

WEEK 3 – NUTS AND FISH

DAY 1

BREAKFAST	Baby cereal mixed with a touch of natural almond butter
LUNCH	Ripe avocado, mashed or in wedges
DINNER	Meat or bean puree

DAY 2

BREAKFAST	Baby cereal mixed with a touch of natural almond butter
LUNCH	Ripe avocado, mashed or in wedges
DINNER	Meat or bean puree

DAY 3

BREAKFAST	Baby cereal mixed with a touch of natural almond butter
LUNCH	Ripe avocado, mashed or in wedges
DINNER	Meat or bean puree

DAY 4

BREAKFAST	Scrambled eggs with a drizzle of milk, cooked in unsalted butter
LUNCH	Fish puree or very finely flaked
DINNER	Meat or bean puree

DAY 5

BREAKFAST	Scrambled eggs with a drizzle of milk, cooked in unsalted butter
LUNCH	Fish puree or very finely flaked
DINNER	Meat or bean puree

DAY 6

BREAKFAST	Scrambled eggs with a drizzle of milk, cooked in unsalted butter
LUNCH	Fish puree or very finely flaked
DINNER	Meat or bean puree

DAY 7

BREAKFAST	Scrambled eggs with a drizzle of milk, cooked in unsalted butter
LUNCH	Fish puree or very finely flaked
DINNER	Meat or bean puree





ALLERGEN INTRODUCTION GUIDE

WEEK 4 : SESAME AND SOY

DAY 1

BREAKFAST	Scrambled eggs with a drizzle of milk, cooked in unsalted butter
LUNCH	Soybean or edamame puree
DINNER	Ripe avocado, mashed or in wedges

DAY 2

BREAKFAST	Baby cereal mixed with a touch of natural peanut butter
LUNCH	Soybean or edamame puree
DINNER	Pureed or soft vegetable pieces of your choice

DAY 3

BREAKFAST	Yogurt and fruit puree
LUNCH	Soybean or edamame puree
DINNER	Ripe avocado, mashed or in wedges

DAY 4

BREAKFAST	Scrambled eggs with a drizzle of milk, cooked in unsalted butter
LUNCH	Vegetable puree of your choice with a little tahini
DINNER	Pureed meat and vegetables, or pureed beans and vegetables

DAY 5

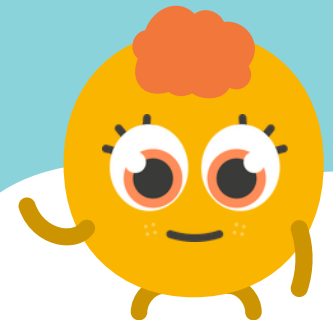
BREAKFAST	Yogurt and fruit puree
LUNCH	Vegetable puree of your choice with a little tahini
DINNER	Pureed meat and vegetables, or pureed beans and vegetables

DAY 6

BREAKFAST	Baby cereal mixed with a touch of natural almond butter
LUNCH	Vegetable puree of your choice with a little tahini
DINNER	Pureed meat and vegetables, or pureed beans and vegetables

DAY 7

BREAKFAST	Baby cereal mixed with a touch of natural peanut butter
LUNCH	Vegetable puree of your choice with a little tahini
DINNER	Pureed meat and vegetables, or pureed beans and vegetables





ALLERGEN INTRODUCTION GUIDE

WEEK 5 : CRUSTACEANS & MOLLUSCS AND MUSTARD

DAY 1

BREAKFAST	Soft-textured fruits served with an omelette with finely chopped spinach
LUNCH	Meat or beans served in a baby-friendly texture with a hint of ground mustard seeds
DINNER	Vegetables served with an animal or plant-based protein, always in a baby-friendly texture

DAY 2

BREAKFAST	Baby cereal mixed with a touch of natural peanut butter
LUNCH	Meat or beans served in a baby-friendly texture with a hint of ground mustard seeds
DINNER	Vegetables served with an animal or plant-based protein, always in a baby-friendly texture

DAY 3

BREAKFAST	Yogurt and fruit puree
LUNCH	Meat or beans served in a baby-friendly texture with a hint of ground mustard seeds
DINNER	Vegetables served with an animal or plant-based protein, always in a baby-friendly texture

DAY 4

BREAKFAST	Ripe avocado, mashed or in wedges with toasted whole-grain bread for baby to nibble
LUNCH	Pureed crustaceans or molluscs
DINNER	Vegetables served with an animal or plant-based protein, always in a baby-friendly texture

DAY 5

BREAKFAST	Soft-textured fruits served with an omelette with finely chopped spinach.
LUNCH	Pureed crustaceans or molluscs
DINNER	Vegetables served with an animal or plant-based protein, always in a baby-friendly texture

DAY 6

BREAKFAST	Baby cereal mixed with a touch of natural almond butter
LUNCH	Pureed crustaceans or molluscs
DINNER	Vegetables served with an animal or plant-based protein, always in a baby-friendly texture

DAY 7

BREAKFAST	Soft-textured fruits served with an omelette with finely chopped spinach
LUNCH	Pureed crustaceans or molluscs
DINNER	Vegetables served with an animal or plant-based protein, always in a baby-friendly texture

