

Small, steady progress is enough — just keep each food in the weekly rotation.

1

AROUND 6 MONTHS

Sitting supported, head steady. Not before 4 months.

2

EGG & PEANUT FIRST

The two shaded below. Offer both soon after solids start.

3

ONE NEW ONE PER MEAL

So you know exactly what caused any reaction.

4

THEN KEEP IT IN

At least weekly. Stopping can undo the tolerance.

HOW TO USE

- Offer the food that week.
- Mark the cell ✓ ○ or ✕.
- Leave it blank if you skipped — illness, travel, no time.
- Colour in the circle, or park a magnet on it.

The last one marked is the week you are on.

WEEK W/C DATE	EGG	PEANUT	MILK	TREE NUT	WHEAT	SOY	SESAME	FISH	SHELLFISH
☐ WEEK 1 _____									
☐ WEEK 2 _____									
☐ WEEK 3 _____									
☐ WEEK 4 _____									
☐ WEEK 5 _____									
☐ WEEK 6 _____									
☐ WEEK 7 _____									
☐ WEEK 8 _____									
☐ WEEK 9 _____									
☐ WEEK 10 _____									
☐ WEEK 11 _____									
☐ WEEK 12 _____									

☒ OK — no reaction

☐ Mouth only — redness around the mouth, no other symptoms

☒ Stop — any symptom beyond the mouth. Seek medical advice before offering it again.

HOW TO SERVE EACH ALLERGEN

EGG

Well cooked — scrambled or hard-boiled. Never runny.

☒ ☐ ☐

USED _____

PEANUT

Smooth butter thinned to a runny paste. Never whole nuts.

☒ ☐ ☐

USED _____

COW'S MILK

Full-fat yoghurt or cheese. Not as a drink before 12 months.

☒ ☐ ☐

USED _____

TREE NUTS

Smooth almond or cashew butter, thinned. **Never whole.**

☒ ☐ ☐

USED _____

WHEAT

Iron-fortified cereal, soft bread fingers, or well-cooked pasta.

☒ ☐ ☐

USED _____

SOY

Soft tofu mashed or in strips, or plain soy yoghurt.

☒ ☐ ☐

USED _____

SESAME

Tahini thinned into yoghurt, or smooth hummus.

☒ ☐ ☐

USED _____

FISH

Well-cooked white fish or salmon, flaked. Check for bones.

☒ ☐ ☐

USED _____

SHELLFISH

Well-cooked prawn, finely chopped into a soft food.

☒ ☐ ☐

USED _____

IF THERE IS A REACTION

MILD TO MODERATE — WATCH CLOSELY

- Hives or welts
- Tingling mouth
- Stay with them and watch
- Swollen lips, face or eyes
- Vomiting or tummy pain

ANAPHYLAXIS — CALL AN AMBULANCE NOW

- Noisy or hard breathing
- Tight or swollen throat
- Persistent cough or wheeze
- Swollen tongue
- Hoarse cry, trouble talking
- Pale, floppy, unresponsive

Lay your baby flat — never upright. Give the adrenaline injector if prescribed, then call and say “anaphylaxis”.