

Health Highlights: First Foods – Allergens 101 (Audio Version)

<<(I'M TIM DITMAN WITH TODAY'S HEALTH HIGHLIGHTS FROM OSF HEALTHCARE.

FOR NEW PARENTS - YOU'RE FINALLY GETTING INTO A RHYTHM WITH YOUR NEWBORN BABY. THEIR SLEEP SCHEDULE IS BECOMING MORE "NORMAL..." AND THEY'RE HITTING SOME OF THEIR FIRST MILESTONES. THEN - IT'S TIME TO INTRODUCE THEM TO SOLID FOODS.

BUT WITH A NEW ADVENTURE CAN COME A FEAR ABOUT THINGS LIKE ALLERGENS.

ACCORDING TO THE UNITED STATES DEPARTMENT OF AGRICULTURE... "THE BIG 9" OF FOOD ALLERGIES ARE MILK... EGGS... FISH... SHELLFISH... TREE NUTS... PEANUTS... WHEAT... SOYBEANS AND SESAME.

THIS LONG LIST MAY BE DAUNTING TO NEW PARENTS – BUT DR. MICHAEL ENDRIS... A PEDIATRICIAN WITH OSF HEALTHCARE... OFFERS SOME TIPS TO HELP GUIDE PARENTS THROUGH THE JOURNEY.

TAKE SOT

DR. MICHAEL ENDRIS | PEDIATRICIAN | OSF HEALTHCARE

"We know that the earlier introduction of those high allergen foods is beneficial and protective against developing those food allergies. Every child is going to be a little bit different. But usually in that four to six-month range is when they are ready to introduce those foods. There are a few steps that we're looking at before we're talking about introducing that."

DR. ENDRIS RECOMMENDS STARTING TO INTRODUCE SOLID FOODS... INCLUDING ALLERGENS... DURING THE FOUR TO SIX MONTH WINDOW OF YOUR BABY'S LIFE.

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