

Your Weekly Medical Advice

by Dr Yamuuna Moorthy

"Committed to the care of our patients and community"


euroa medical

Clinic Hours

Monday – Friday 8am-6pm

Saturday 9am – 5pm

Phone (ALL HOURS) 5795 2011

Emergency clinic

Sundays and public holidays 9am – 11am

(in our rooms @ Euroa Health)

Phone 5795 0200

Solids for Infants

How to Introduce Solid Foods to Infants?

Starting solids for your infant can be a daunting time for you. When should you start? How should you start? Is it safe to introduce nuts or eggs to your child if their sibling or parent has a food allergy? These are common questions which arise when thinking about introducing solids to your little one.

You can confidently introduce solid foods to infants with known food allergy, or infants at risk of developing food allergy by following some simple advice from the Australasian Society of Clinical Immunology and Allergy website (address below).

Infants who have parents or a sibling with allergic disease including food allergies are at higher risk of developing food allergies, hence why it needs to be done correctly, rather than waiting until they are older.

All infants should be given foods that are common food allergens, including peanut butter, cooked egg, dairy and wheat products, within the first year of life.

Please read the information on the websites below, or speak to your friendly GP if you have further questions.
<http://www.allergy.org.au/health-professionals/papers/ascia-introduce-solid-foods-to-infants>
http://www.allergy.org.au/images/pcc/ASCIA_PCC_How_to_introduce_solid_foods_2016.pdf

We would appreciate your feedback or topics you would like to hear about at business.manager@emfp.com.au