

Stop a Food Allergy Before It Starts

The U.S. Dietary Guidelines recommend introducing infant-safe peanut-containing foods to babies as early as 4 to 6 months of age. Increasingly, research suggests that early exposure and regular intake of other top allergens may decrease the risk of developing those food allergies.

Want to help parents introduce peanut and other common allergens to their babies early on? Download FARE's free *Parent Toolkit for Early Introduction of Allergens* for guidance and recommendations. Go to foodallergyprevention.org or scan the QR code to access the toolkit.



Eat Early, Eat Often!

View our PSA

Go to foodallergy.org/EatEarlyEatOften



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