



## If there are food allergies in your family:

Avoid milk and dairy products, soy and soy-based products until 1 year of age.

Avoid eggs (white and yellow part) until 18 months of age.

Avoid canned tuna and salmon until 2 years of age.

Avoid fish (other than canned tuna and salmon) until 3 years of age.

Avoid seafood, peanuts and peanut-containing foods, nuts, sesame seeds and kiwi fruit until 3 to 5 years of age.

CH-35

Version française disponible



# Feeding your Baby

## Allergies and Choking Prevention



Conseil Cri de la santé et des services sociaux de la Baie James  
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 Cree Board of Health and Social Services of James Bay

# To prevent allergies and food poisoning:

Do not give babies under 1 year of age these foods:

- ▶ Honey (it can cause botulism, a rare but very dangerous food poisoning that can make the baby die.)
- ▶ Egg whites
- ▶ Cow's milk
- ▶ Peanut butter or other foods containing peanuts

**Not for babies under 1 year old**



Breast milk is the only food babies need until they are 6 months old. The only healthy substitute is iron-enriched formula.

# To prevent choking:

- ▶ Sit your baby up whenever he is eating.
- ▶ **Never leave your baby alone while eating.** Watch him carefully.
- ▶ If he is crying or laughing, keep food out of his mouth.
- ▶ Keep mealtimes calm. If your child gets upset, ask him to leave the table.
- ▶ If serving smooth peanut butter, spread it **thinly** on bannock, bread, or crackers. (Only for babies 1 year old or more).

## DO NOT GIVE THESE FOODS UNTIL YOUR CHILD IS 4 YEARS OLD:

- Hot dogs, whole or chunks
- Nuts and seeds
- Popcorn or chips
- Fish with bones
- Chewing gum
- Whole grapes or melon balls
- Raw, hard vegetables
- Candies, cough drops
- Raisins

▶ Cut hot dogs into long thin strips, and then into smaller pieces.

▶ Cut grapes thinly into 4 pieces.

▶ Remove cores and stones from fruits.

**Not for babies under 4 years old**

