

# INTRODUCING THE BIG -8 ALLERGENS WITH BLW

## *checklist*

There are 8 important allergens to introduce when starting solids. Introduce allergens one at a time along with foods baby has already tolerated.



**PEANUTS**



**EGGS**



**WHEAT**



**SOY**



**DAIRY**



**TREE NUTS**



**FISH AND  
SHELLFISH**