

TABLE XII Empiric guidelines for selecting weaning foods in infants with FPIES

Ages and Stages	Lower risk foods*	Moderate risk foods*	Higher risk foods*
<p><u>4-6 months (as per AAP, CoN)</u> If developmentally appropriate and safe and nutritious foods are available.</p> <ul style="list-style-type: none"> ➤ Begin with smooth, thin, purees and progress to thicker purees ➤ Choose foods that are high in iron ➤ Add vegetables and fruits <p><u>6 months (as per WHO)</u> Complementary feeding should begin no later than 6 months of age.</p> <ul style="list-style-type: none"> ➤ In the breast fed infant, high iron foods or supplemental iron (1 mg/kg/day) is suggested by 6 months of age. ➤ Continue to expand variety of fruits, vegetables, legumes, grains, meats and other foods as tolerated. <p><u>8 months</u> of age or when developmentally appropriate.</p> <ul style="list-style-type: none"> ➤ Offer soft-cooked and bite-and-dissolve textures from around 8 months of age or as tolerated by infant. <p><u>12 months of age</u> or when developmentally appropriate.</p> <ul style="list-style-type: none"> ➤ Offer modified tolerated foods from the family table-chopped meats, soft cooked vegetables, grains and fruits. 	Vegetables		
	Broccoli, cauliflower, parsnip, turnip, pumpkin	Squash, carrot, white potato, green bean (legume)	Sweet potato, green pea (legume)
	Fruits		
	Blueberries, strawberries, plum, watermelon, peach, avocado	Apple, pear, orange	Banana
	High iron foods		
	Lamb, fortified quinoa cereal, millet	Beef, fortified grits and corn cereal, wheat (whole wheat and fortified), fortified barley cereal	Fortified, infant rice and oat cereals.
	Other		
Tree nuts and seed butters* (sesame, sunflower, etc.) *Thinned with water or infant puree for appropriate infant texture and to prevent choking	Peanut, other legumes (other than green pea)	Milk, soy, poultry, egg, fish	

This table should be considered in the context of the following notes:

- a. Exclusive breast feeding until 4-6 months of age and continuing breast feeding through the first year of life or longer as long as mutually desired by both mother and child.¹
- b. If an infant tolerates a variety of early foods, subsequent introduction may be more liberal. Additionally, tolerance to one food in a food group (green pea) is considered as a favorable prognostic indicator for tolerance of other foods from the same group (legumes).²

AAP, CoN= American Academy of Pediatrics, Committee on Nutrition; WHO= World Health Organization

* Risk assessment is based on the clinical experience and the published reports of FPIES triggers.