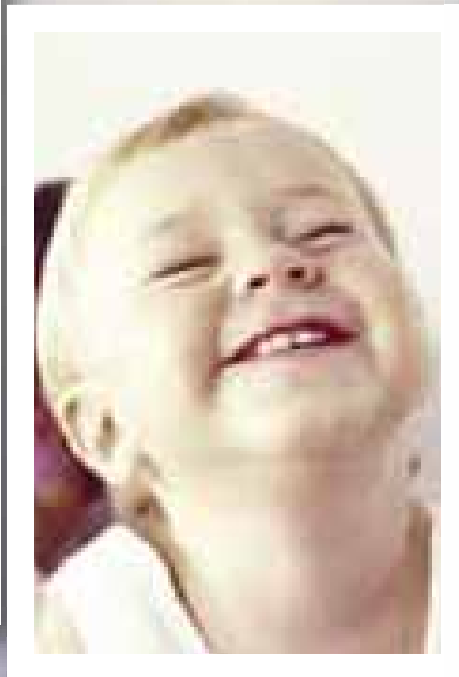
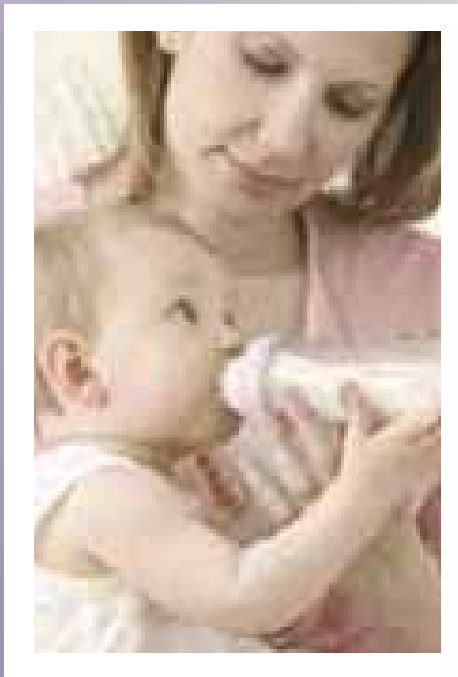




## Transition Guide



**For Infants and Children with  
Multiple Food Allergies**





## Transition Guide

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### Note

This book has been prepared as a guide to the introduction of solid foods for infants and toddlers using Neocate.

The management of food allergy and intolerance can differ between individuals. It is therefore strongly recommended that this guide be used in consultation with a healthcare professional.

For more information on Neocate, please refer to the Neocate parent guide which is available through Nutricia North America or refer to our website at [www.Neocate.com](http://www.Neocate.com).



## Introduction

**N**eocate is a special formula designed for infants and young children with a milk protein allergy or multiple food protein intolerance (e.g. allergies to soy protein, hydrolyzed protein in other infant formulas, fish, eggs and nuts). Neocate has been recommended by your doctor or dietitian because your baby has difficulty in tolerating or digesting other infant formulas.

Neocate is not intended to replace breast milk. However, if you are unable to breastfeed your baby at this stage, Neocate, like other infant formulas, contains all the essential nutrients needed for your baby to stay healthy and grow when taking the recommended amount.

## Introducing New Foods

**T**his book provides you with guidelines for introducing foods into your baby's diet. Any changes made to your baby's diet should be discussed with your doctor or dietitian first.

The introduction of solids is an exciting and important stage in a child's development and will help your baby learn to chew and develop eating skills. In the early stages, it allows your baby to get used to the taste and texture of food, as well as feeding from a spoon. In the later stages, solids should provide most of your child's nutritional needs, which means that a wide variety of different foods will be required to provide all the essential nutrients.

Ideally, infants with food allergies should wait until they are six months of age before having any solid food introduced to their diet. This allows the immune system to mature before challenging it with new foods and may help prevent new allergies.



## The Challenge Phase

Once your baby is doing well on Neocate, is symptom free, gaining weight and growing well, the doctor or dietitian may allow you to start introducing a few foods into your baby's diet. The aim of challenging your baby with foods is to find out which food(s) your baby can tolerate and to broaden the child's diet as much as possible. In this phase, it is important to continue taking the prescribed amount of Neocate as it continues to be the major source of nutrition for the baby.

### Here are a few things to remember when introducing new foods:

- Only introduce new foods when your child is well.
- To identify which foods cause symptoms or illness, foods should be introduced one at a time. This way, if your child has an allergic reaction to a food, it can be identified quickly.
- Start by introducing foods that are least likely to cause an allergic reaction.
- You may be advised to leave 1-2 weeks between the introduction of each food to see which foods are tolerated.
- Small amounts of food should be given first. A "pea size" amount should be given the first time. The amount can gradually increase over several days if there are no symptoms.
- If symptoms occur, it is important to stop the food being tested, record the symptoms and discuss them with your doctor or dietitian.
- If symptoms occur, wait approximately one to three days after symptoms have ceased, before giving another new food.
- The frequency with which each new food is introduced (e.g. daily twice weekly, weekly, etc) will vary. Discuss this with your doctor or dietitian.
- Continue to give your child those foods that have already been introduced and tolerated.
- Always follow the advice of your doctor and/or dietitian.

## Which Foods Should I Give My Child?

Most allergic reactions are caused by a small number of foods. It is best to delay the introduction of these foods until your baby has tried other foods that are less likely to cause problems. The following lists are intended to help you plan the order in which you will introduce new foods; however, you should discuss the exact order of introduction with your child's doctor and/or dietitian.

### Foods least likely to cause allergic symptoms – Try these first

Foods "least likely" to cause allergic symptoms mean that only occasionally a child will react to these foods. As mentioned earlier, each food should be introduced one at a time.

- Rice/rice products (rice cereals, egg-free rice pasta, rice flour, plain rice cakes/crackers)
- Potato, pumpkin, sweet potato, zucchini, carrot (peeled and home cooked by boiling/steaming/microwaving)
- Pear, apple (peeled and cooked)
- Chicken breast (no skin), lamb (home cooked by boiling/microwaving/grilling/roasting)
- Oils (olive, safflower, sunflower, canola)
- Milk-free margarine





#### Foods most likely to cause allergic symptoms – Introduce these later

Foods “most likely” to cause allergic symptoms mean that many young children with allergies are likely to react to some or all of these foods. Usually they are not introduced until after a variety of less allergenic foods have been successfully introduced into the diet.

This list is based on a list developed by the FDA, however, it is not complete and should only be used as a guide. Your doctor and/or dietitian may have a more complete list of ingredients to avoid. The American Academy of Pediatrics recommends that for children at high risk for developing food allergies, or children whose parents or siblings have any type of allergy, no milk is given before one year, no eggs before 2 years and no peanuts before 3 years of age.

- **Cow milk:** milk-containing products can include: curds, cheese, cream, butter, yogurt, ice cream, pudding, ‘whey’ or ‘casein’
- **Goat and sheep milk**
- **Soy:** soy formula, soy milk, tofu, soy sauce
- **Egg:** baked products, mayonnaise
- **Gluten:** foods based on wheat, rye, barley (e.g. breads, cereals, flours, biscuits, cookies, cakes, pastries, pasta)
- **Peanuts:** peanut butter, chocolate candy, baked goods/desserts, peanut oil
- **Nuts and seeds:** cashews, chestnuts, hazelnuts, almonds, macadamia, pecans, pine nuts, pistachios, walnuts, sesame seeds, poppy seeds, sunflower seeds, humus, nut butters and spreads, nut extracts, nut oils
- **Fish and shell fish:** clams, crab, crawfish, lobster, mussels, octopus, oysters, scallops, shrimp, snails, squid

As new foods are introduced and tolerated, the baby’s diet can become more varied. Different food combinations and recipes using the permitted ingredients can be introduced. At this stage, the amount of Neocate may be decreased. This needs to be discussed with your doctor and/or dietitian. They will assess the nutrition content of your baby’s diet and adjust the amount of formula accordingly.

The process of finding foods that can be tolerated can take some time to complete. It can be a difficult time for both the parents and the child. Some, but not all food allergies are outgrown. It may take awhile (months or years) before it is safe to re-challenge a food that your baby initially reacted to. Discuss with your doctor or dietitian if and when it is safe to re-challenge a food that has been shown to cause a reaction in your baby.

Neocate toddler formulas are amino acid-based and are available if your child is required to remain on formula past one year of age. They are specifically designed to meet the nutrient requirements for children over the age of one. The Neocate family of toddler formulas includes a variety of flavors and is available in powder form or in a convenient ready-to-drink 8 fl oz box. Ask your doctor about which product is most suitable for your child.



E028 Splash (Tropical Fruit, Orange-Pineapple and Grape), Peptide Junior (Unflavored and Banana), Neocate One+, Neocate Junior (Tropical, Unflavored and Chocolate)

## The Importance of Texture

A complete liquid diet (breast milk, infant formula) should be given until your baby is older and ready for solid foods to be introduced into the diet. The exact age at which you start your baby on solid foods will vary – please discuss this with your doctor and/or dietitian. The introduction of solids should be a gradual process and can be split into three different stages: thin and smooth, lumps and chunks, and finger foods. Moving through these stages will help your child develop chewing skills.

### Stage 1 - Thin and Smooth

- Start with foods that are smooth in texture, lump-free and mild in taste.
- Your doctor or dietitian should recommend which food to start with, what amount to offer and the order in which to introduce new foods.
- Home cooked bland foods are a good way to control all the ingredients used in the food you give to your child.
- Some commercially-prepared baby foods may be suitable for your child. Read the ingredient lists on all labels carefully.
- Avoid flavors, artificial colors and additives (e.g. herbs, spices, salt, pepper).
- Once a new food has been introduced, it can be given in a variety of different combinations and recipes, provided your baby tolerates the other ingredients.



### Stage 2 – Lumps and Chunks

- Lumpier textures help develop your baby's chewing skills.
- Once your baby is able to chew, foods can be of a coarser texture than before (e.g. mashed, grated or diced).
- Allow your baby to start self-feeding.

### Stage 3 – Finger Foods

Commercially-prepared finger foods such as bread or teething biscuits are often not suitable for children with food allergies. Below are some other finger food ideas to try. Only offer foods when you know all the individual ingredients are tolerated by your child.

- Permitted vegetables: cut into strips and steam or microwave to soften (e.g. cooked potato or carrot strips).
- Permitted fruit: peeled and cut into strips (e.g. pear, apple).
- Plain rice crackers or cakes.
- Permitted meat: cooked and cut into strips (e.g. home cooked roast chicken or lamb).
- Home cooked sweet potato chips cooked in permitted oil (e.g. safflower, canola, sunflower).





## Adding Neocate to Food

Adding Neocate to foods can help your baby maintain the acceptance of Neocate's taste. This way, your baby will not learn to favor food in place of Neocate before a balanced diet is tolerated.

### Guidelines:

- **Neocate Infant:** To help you calculate the amount of Neocate given each day, and how much you are adding to food, use the scoop found in each can of Neocate. Each scoop provides 4.75 grams of dry Neocate powder equivalent to 20 calories.
- Do not boil Neocate or expose it to prolonged heating. Neocate powder should be mixed gradually into prepared foods just before feeding it to your baby. This helps protect the nutrients in Neocate.
- The amount of Neocate powder added to solid foods should be increased gradually.
- Make sure your baby is getting plenty of liquid to drink when Neocate powder is added to foods.
- Be sure to check that your child continues to take the prescribed amount of Neocate each day. If solids containing Neocate are refused, try to offer an equivalent amount of Neocate as a drink.
- Discard leftover food even if only a small amount has been eaten.
- Pureed foods can be moistened with Neocate formula or mashed with a little milk-free margarine.





## The Neocate Family of Pediatric GI/Allergy Products



For Infants and Children (0 - 10 years of age)

**Neocate Infant with DHA & ARA:** The first and only amino acid-based infant formula with the added benefits of DHA and ARA.

**Neocate One+:** The most recommended amino acid-based formula for children. Available in convenient “on-the-go” sachets.

**Neocate Junior:** Increased vitamins and minerals designed for children with GI tract impairment and malabsorption. Offered in unflavored, tropical and chocolate flavors.

**EO28 Splash:** The only amino acid-based ready-to-drink product for children. Available in 3 kid-friendly flavors: grape, tropical fruit and orange-pineapple.

**Pepdite Junior:** The first and only non-dairy hydrolysate. Available in unflavored or banana flavored easy-to-mix sachets.

For product information or to place an order call:  
1-800-NEOCATE or visit our website  
[www.Neocate.com](http://www.Neocate.com)





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