



Allergies

<http://www.pedsalex.com/breastfeeding.php>

Breastfeeding is known to reduce allergies. Although formula fed babies are more likely to experience cow's milk allergy than are exclusively breastfed babies, some breastfed babies will experience allergic symptoms via their mother's diet. Reactions to foods in a mother's diet usually result in gastrointestinal or dermatological symptoms in baby. Below is a list of symptoms that *could be* a result of an allergy:

Gastrointestinal

- Blood in stool
- Excessive spit up
- Constipation
- Diarrhea
- Malabsorption (resulting in poor weight gain)
- Gas
- Colic

Dermatological

- Eczema (atopic dermatitis)
- Hives
- Excoriation around rectum
- Itching

If baby is allergic to a mother's ingested food, symptoms usually become apparent between 4 and 24 hours after exposure. Cow's milk is *the most common* allergen, but other problem foods include soy, wheat, corn, eggs, and peanuts.

If suspecting a food allergy in your baby, it is best to eliminate the offending source from your diet for 2 – 3 weeks. If baby improves, then they were sensitive to that particular food. It is best to avoid that particular food until baby is older or weaned. If you eliminated many different foods, slowly re-introduce the eliminated foods one at a time, 3 – 4 days apart. If baby's symptoms reappear, then avoid that particular food until baby is older or weaned.