

Baby allergen introduction log

BABY NAME

DATE

CAREGIVER

WHY ARE WE TRACKING?

Use alongside current guidance. Do not retry a food that may have caused a reaction.

Food introduction record

Date / time	Food and form	Amount	What happened and when	Action / later offer

IMPORTANT

Use safe, age-appropriate forms. Stop the food and seek medical advice if you suspect a reaction. Breathing difficulty or throat or tongue swelling: call 999.