

# Reducing the risks 0-5 years

Centre for Community Child Health

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**If your child has a food allergy or food intolerance, then the toddler years (where everything ends up in the mouth!) can be very stressful. Unfortunately, completely isolating your child from possible exposure to their allergen is nearly impossible. With an understanding of food labelling, you can help to minimise the risks presented by your child's food allergy.**

If any of the nine most common allergens – eggs, peanuts, milk, wheat, soy, sesame, fish, shellfish, tree nuts – are in a food product's ingredients, manufacturers have to identify this on the packaging.

There are a couple of different ways that manufacturers can follow this rule:

- The allergen might be listed in common language in the ingredient list (eg. sugar, chocolate, egg).

- The allergen might be highlighted at the end of the ingredients list (eg. contains egg).
- The allergen might be listed in bold type in the ingredients list (eg. sugar, chocolate, **egg**).

If your child has a food allergy, your child's early childhood service will prepare an allergy management plan in conjunction with you. Use annual reviews of that plan to keep everyone informed about relevant information about your child's allergy.

#### Learn more

Allergy and Anaphylaxis offers resources to help with managing allergy. [www.allergyfacts.org.au](http://www.allergyfacts.org.au)

You can read more about food allergies and intolerances on Raising Children Network. [www.raisingchildren.net.au](http://www.raisingchildren.net.au)

#### Centre for Community Child Health

The Royal Children's Hospital Melbourne  
EMAIL [publications.ccch@rch.org.au](mailto:publications.ccch@rch.org.au)  
[www.rch.org.au/ccch/growthrive](http://www.rch.org.au/ccch/growthrive)