

# Help Prevent Food Allergies in Children

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Did you know that you can help prevent common food allergies in your children? Talk to your baby's doctor about safe ways to introduce new foods into your baby's diet. This can lower their chance of getting food allergies.

The American Academy of Pediatrics website, [HealthyChildren.org](https://www.healthychildren.org), has helpful resources for the health and safety of all children. For more information on recent prevention guidelines for food allergies, watch their [video](#) on how to lower your child's risk of getting peanut and other common food allergies.

