

**Every year thousands of babies  
develop life-threatening food allergies.  
Will yours be one of them?**

Kevin Sorbo, star of "Hercules: The Legendary Journeys" and "Andromeda", with his son Braeden.

For reasons yet unexplained, the past several years have seen a significant rise in food allergies—many of them life-threatening. Although any child can develop a food allergy, the risk is higher in allergic families, particularly those with food-allergic parents and siblings.

In an attempt to prevent food allergy in high risk infants, the American Academy of Pediatrics recommends exclusive breast feeding for at least six months, with avoidance by the nursing mother of allergens such as peanuts and tree nuts, and delaying the introduction of milk products for one year, egg for two years, and peanuts, tree nuts and fish for three years.

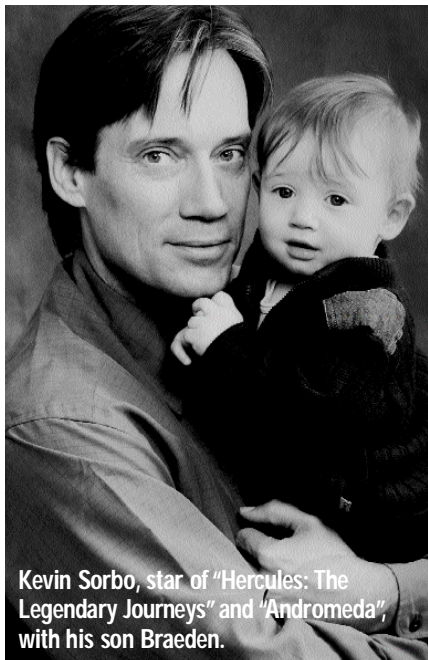
Play it safe. Ask your pediatrician for more information, or contact the Food Allergy & Anaphylaxis Network.



The Food Allergy & Anaphylaxis Network  
10400 Eaton Place, Suite 107  
Fairfax, VA 22030-2208  
1-800-929-4040  
[www.foodallergy.org](http://www.foodallergy.org)

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN™





Kevin Sorbo, star of "Hercules: The Legendary Journeys" and "Andromeda", with his son Braeden.

**Every year  
thousands of babies  
develop life-threatening  
food allergies.**

**Will yours be one  
of them?**

For reasons yet unexplained, the past several years have seen a significant rise in food allergies—many of them life-threatening. Although any child can develop a food allergy, the risk is higher in allergic families, particularly those with food-allergic parents and siblings.

In an attempt to prevent food allergy in high risk infants, the American Academy of Pediatrics recommends exclusive breast feeding for at least six months, with avoidance by the nursing mother of allergens such as peanuts and tree nuts, and delaying the introduction of milk products for one year, egg for two years, and peanuts, tree nuts and fish for three years.

Play it safe. Ask your pediatrician for more information, or contact the Food Allergy & Anaphylaxis Network.

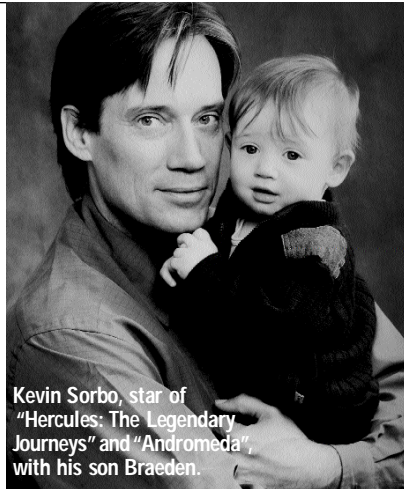


The Food Allergy & Anaphylaxis Network  
10400 Eaton Place, Suite 107  
Fairfax, VA 22030-2208  
**1-800-929-4040**  
[www.foodallergy.org](http://www.foodallergy.org)

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN™ 

**Every year thousands of babies develop life-threatening food allergies.**

**Will yours be one of them?**



Kevin Sorbo, star of "Hercules: The Legendary Journeys" and "Andromeda", with his son Braeden.

For reasons yet unexplained, the past several years have seen a significant rise in food allergies—many of them life-threatening. Although any child can develop a food allergy, the risk is higher in allergic families, particularly those with food-allergic parents and siblings.

In an attempt to prevent food allergy in high risk infants, the American Academy of Pediatrics recommends exclusive breast feeding for at least six months, with avoidance by the nursing mother of allergens such as peanuts and tree nuts, and delaying the introduction of milk products for one year, egg for two years, and peanuts, tree nuts and fish for three years.

Ask your pediatrician for more information, or contact the Food Allergy & Anaphylaxis Network.

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

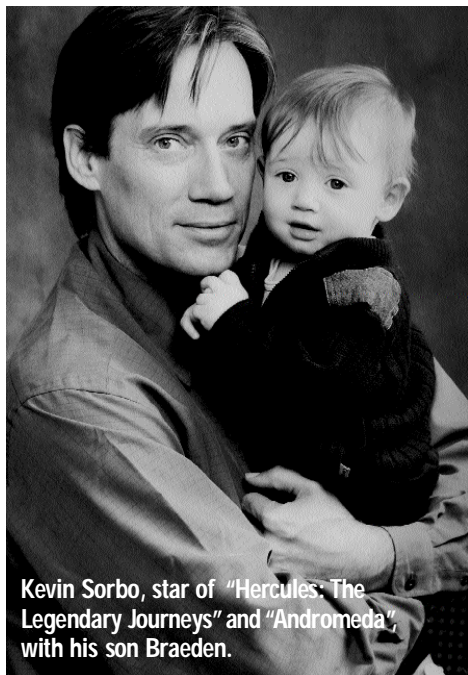


The Food Allergy & Anaphylaxis Network  
10400 Eaton Place, Suite 107  
Fairfax, VA 22030-2208  
**1-800-929-4040**  
[www.foodallergy.org](http://www.foodallergy.org)

# Every year thousands of babies develop life-threatening food allergies. Will yours be one of them?

For reasons yet unexplained, the past several years have seen a significant rise in food allergies—many of them life-threatening. Although any child can develop a food allergy, the risk is higher in allergic families, particularly those with food-allergic parents and siblings.

In an attempt to prevent food allergy in high risk infants, the American Academy of Pediatrics recommends exclusive breast feeding for at least six months, with avoidance by the nursing mother of allergens such as peanuts and tree nuts, and delaying the introduction of milk products for



Kevin Sorbo, star of "Hercules: The Legendary Journeys" and "Andromeda", with his son Braeden.

one year, egg for two years, and peanuts, tree nuts and fish for three years.

Play it safe. Ask your pediatrician for more information, or contact the Food Allergy & Anaphylaxis Network.



The Food Allergy & Anaphylaxis Network  
10400 Eaton Place, Suite 107  
Fairfax, VA 22030-2208  
**1-800-929-4040**  
[www.foodallergy.org](http://www.foodallergy.org)

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

