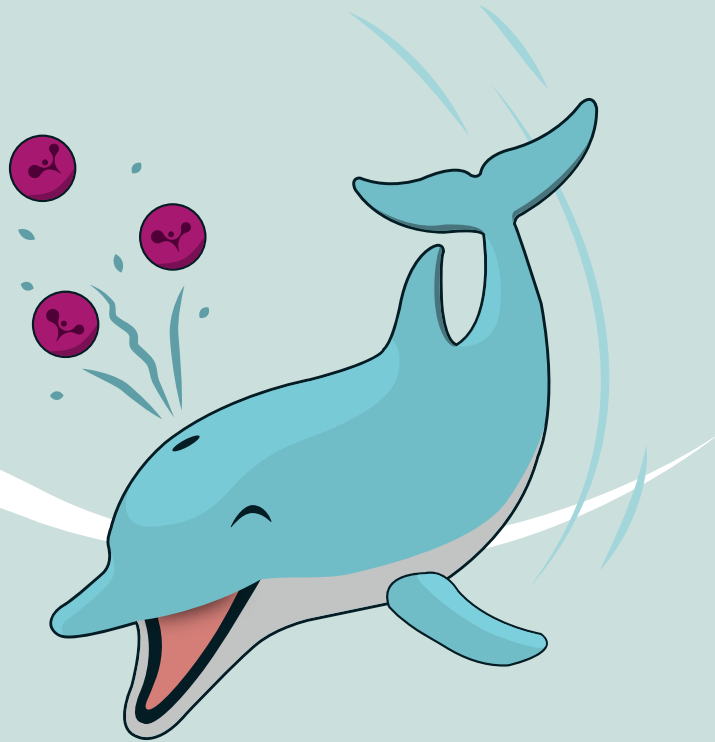


Introduction schedule for almond



This introduction schedule is intended for infants and young children who have never eaten almond before. The schedule can be used if the paediatric dietitian or paediatrician does not expect a reaction during the introduction of almond. If an allergic reaction does occur, the risk of a severe allergic reaction is low, as the amount of almond is tested in a very cautious way.

Start under the following conditions

- Start in the morning on a weekday, so that action can be taken during the day if a reaction does occur
- Do **not** start introducing almond if your child:
 - is unwell (such as a fever, cough and/or shortness of breath)
 - and/or has a flare-up of eczema
 - and/or has recently received a vaccination

Reactions

A **mild** reaction may include: itching in the mouth, throat or lips, an itchy rash or redness on the face or body, mild swelling of the face, stomach pain, a single episode of vomiting, or diarrhoea. A **severe** reaction may include: swelling of the tongue, mouth or face accompanied by difficult or noisy breathing, wheezing when breathing in and/or out, repeated vomiting and reduced consciousness.

What to do in the event of an allergic reaction

- Stop the introduction and, administer medication, if necessary
- In the event of a severe reaction, contact your general practitioner or call 112 (the treating doctor at the hospital may not always be available)
- In the event of a mild reaction, observe your child for at least 2 hours to see if the reaction changes
- Record:
 - after which step the reaction occurred
 - the time between ingestion of the step and the start of symptoms
 - the symptoms (take photos of the reaction to discuss later with the healthcare provider)
 - the duration of the symptoms

Preparation

Please note: whole nuts are not suitable for young children due to the risk of choking. Grind the nuts using a mortar and pestle or a blender before giving them to your child. 100% almond butter is also available ready-made and you can use this as well.

When introducing almond, you can choose from the following:

- whole almonds, ground yourself using a mortar and pestle or a blender
- ground almonds or 100% almond butter (homemade or ready-made)

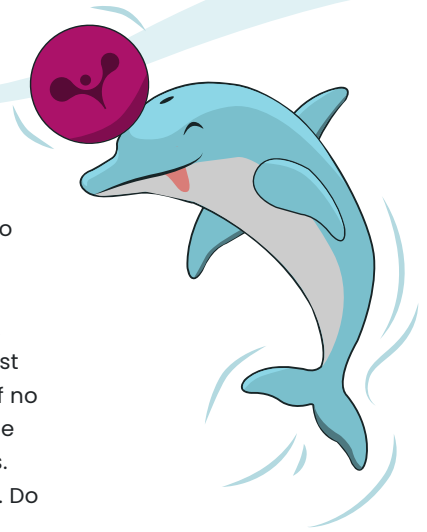
The photos on the chart are actual size. Measure out the quantities shown for each step.

You can serve the ground nuts or nutbutter in the following ways:

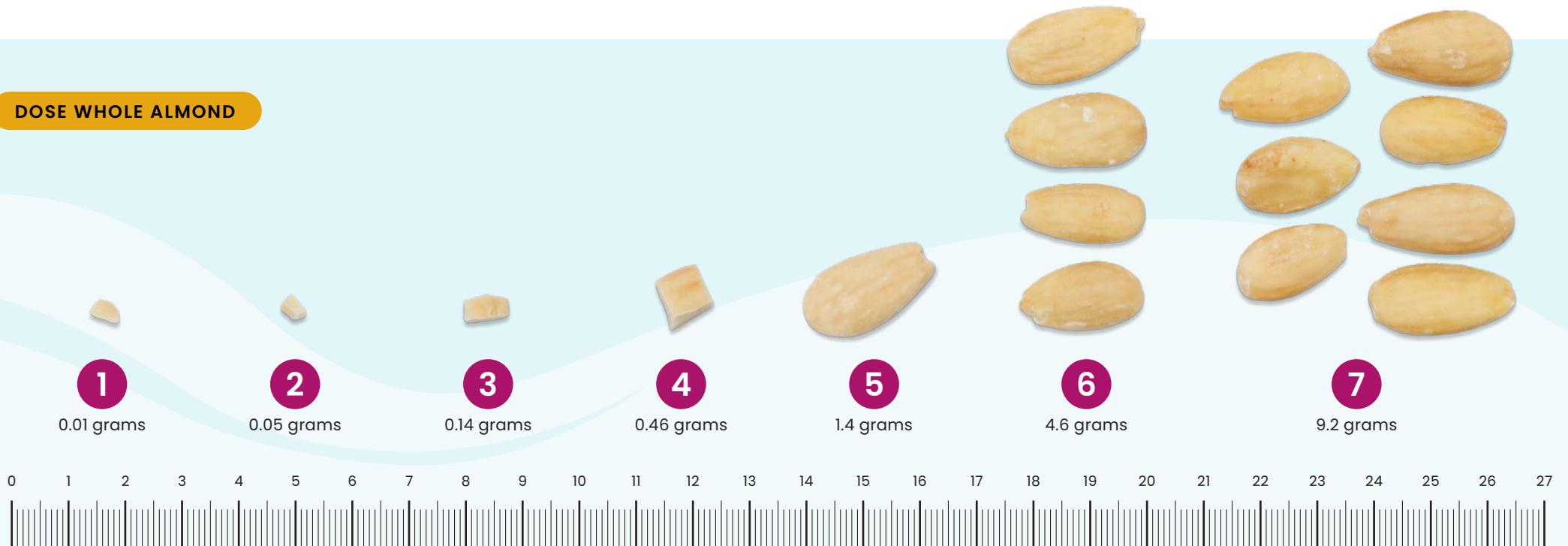
- mixed with mashed fruit or fruit purée
- mixed with porridge, yoghurt or quark
- in a cooked meal containing potatoes, rice or pasta with vegetables and/or meat, fish or a meat substitute
- sprinkled over a slice of bread with a spread such as jam, cream cheese, hummus, or mashed avocado or banana

Execution

- This schedule offers a choice of food items: whole almonds, ground almonds, and 100% almond butter. During the test, it is possible to switch between these food types within the same step.
- Start with step 1 of the introduction schedule. After each step, a break of at least 1 hour must be taken before the next step can be given. If no reaction occurs during this waiting period, the next step can be given. Do not skip any steps. You can decide the number of steps per day. Do not introduce a new step after 16:00. You can continue the next day with the next step. Aim to complete the introduction within 1 week.



DOSE WHOLE ALMOND





DOSE 100% ALMOND BUTTER

The photos in the schedule are actual size. Measure out the quantities shown for each step.



DOSE GROUND ALMONDS

The photos in the schedule are actual size. Measure out the quantities shown for each step.





After completion

Once your child has successfully completed the introduction schedule, you should give your child **9.5 grams of almonds every week until they reach the age of 2**. This can be given all at once or spread over 2–3 days. You will receive further information from the paediatric dietitian.



or



+



or



Whole almonds (9.5 grams)

Ground almonds (9.5 grams)

100% almond butter (9.5 grams)

