

Dr. John Bastyr's Infant Allergy-Prevention Food Introduction Recommendations

We have passed on this program to parents since we began our practice. It is essential to start off your baby's diet from the beginning to prevent allergic symptoms such as eczema, ear infections, and asthma. This is especially important if there is a family history of allergies. This program is designed to supplement breast milk as the primary source of nutrition for your infant. If it is not possible for you to breastfeed, the recommended alternative is goat's milk. However we may be able to find a homeopathic alternative to stimulate breast milk production. All of the following should be organic if at all possible.

Six Months

applesauce, raw in blender  
banana  
blackberry  
broccoli, raw and blended or cooked and mashed  
carrot, cooked and mashed  
cherries, pitted and smashed  
grapes, seeded and mashed  
prunes  
sprouts, blended in water  
yam

Nine Months

apples  
artichoke  
basmati rice  
blueberries  
cabbage, lima beans, cooked and mashed  
millet  
nectarines  
oatmeal  
papaya  
peas  
potato, mashed  
split pea soup  
string beans  
sweet potato

Twelve Months

asparagus  
avocado  
barley  
blackstrap molasses  
brown rice  
garlic  
goat's milk (fresh)  
honey (not raw)  
onions  
parsnips  
squash  
Swiss chard  
tofu  
yogurt (plain)