

Dietary Guide for introducing complementary foods to infants with food protein-induced enterocolitis syndrome (FPIES)

This diet sheet should be read in conjunction with the ASCIA FPIES fact sheet:

www.allergy.org.au/patients/food-other-adverse-reactions/food-protein-induced-enterocolitis-syndrome

Acute FPIES is a delayed gut allergic reaction which presents with repetitive, profuse vomiting that typically starts 2-4 hours after a triggering food is eaten. Avoidance of trigger food protein/s is the only effective treatment option. Most children will outgrow their FPIES in the preschool years.

Which foods trigger FPIES?

Although any food can potentially cause FPIES, the most common FPIES triggers are rice, oats, cow's milk (dairy), soy and egg. FPIES rarely occurs in exclusively breastfed infants.

Is it possible to have FPIES to more than one food?

The majority of children only have FPIES to one food. Therefore, avoidance of multiple foods is not recommended in children who have had FPIES to one food.

Dietary adequacy

The first episode of FPIES can be traumatic for parents. Some parents become hesitant to give new foods in case it happens again. It is however, very important to continue to expand the range of foods introduced to encourage a wide acceptance of many foods and textures as infants grow older. Limiting the range of foods can lead to fussiness, food refusal, feeding difficulties and nutritional deficiencies.

Infants with FPIES to certain foods may be at higher risk of FPIES to other foods within the same food group. More rarely, some infants with FPIES to one food may be at increased risk of reacting to another food from a different group. Your doctor and dietitian will discuss with you how to introduce complementary foods for your infant with FPIES, based upon the food/s they have reacted to and whether they have already had other foods introduced into their diet.

In general, the following guidelines can be applied to the introduction and avoidance of additional new foods into the diet of infants with FPIES:

Food to which infant has had FPIES reaction	Avoid these foods unless advised by treating allergy specialist
Cow's milk	Soy
Rice	Oats (other grains, such as wheat, rye, barely are usually safe)
Chicken	All poultry
Fish	All fish (unless tolerating other fish species) It is not clear whether children with fish FPIES are at risk of having shellfish FPIES
Fruits/Vegetables	Discuss with your doctor which other fruits and vegetables can be introduced

Currently there have been no studies to determine whether delaying the introduction of certain foods results in a reduced risk of developing FPIES to that food.

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The following table may be useful when deciding which foods to introduce to an infant with FPIES. If your infant reacts to an additional food, then you need to discuss what to do next with your clinical immunology/allergy specialist, who may refer you to a specialist dietitian with experience in managing FPIES.

Stage 1 is recommended to begin from 4-6 months when your infant is ready, but not before 4 months. Foods can be introduced one at a time, starting with small amounts and increasing the amount over 2-3 days before moving onto the next food.

DO NOT introduce a food to which your infant has already had a reaction (e.g. if your infant has had an FPIES reaction to rice, do not introduce it at 9-12 months as per the table below, but introduce the other grains).

	Stage 14-6 months	Stage 2 6 – 9 months	Stage 3 9 – 12 months
Textures	Smooth purees moving onto mashed foods	Mashed foods with soft lumps Soft finger foods	Minced and chopped foods Suitable* finger foods
Vegetables	Pumpkin, parsnip, broccoli, cauliflower, beetroot, capsicum, cabbage, spinach, kale	Expand range e.g. celery, cucumber, eggplant	Sweet potato, zucchini, squash, tomato, carrot, green beans, white potato
Fruit	Apple, pear, peach, nectarine, melon, berries, grapes	Expand range e.g. Mango, papaya, pineapple, avocado	Banana, orange, kiwi
Grains	Quinoa, millet, buckwheat, rye, amaranth	Corn, barley	Oats, rice, wheat
Meat and alternatives	Beef, pork, kangaroo	Lamb	Turkey, chicken, fish, eggs
Legumes	Beans e.g. Cannellini beans, kidney beans	Peas, lentils, chickpeas, other dried beans, smooth peanut butter	Other nut pastes, nuts, seeds
Soy	If FPIES to any cow's milk based food, delay introduction of soy to around 10 months of age unless already tolerating soy		Tofu, other soy products e.g. Soy beans, soy drink, soy yoghurt, soy sauce, meat substitutes/ processed meat
Cow's milk/dairy	If FPIES to any soy based food, delay introduction of dairy to around 10 months unless already tolerating dairy		Butter, milk in crackers and rusks, cheese, yoghurt, home baked foods with fresh milk, custard and fresh milk last

* Small, hard pieces of food should be avoided as they can cause choking.

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