



Reintroduction of Wheat into your child's diet

Your child had a reaction to wheat in the past. The following symptoms may have occurred;

- Tummy pain and vomiting
- Itching and/or redness of the skin
- Urticaria (nettle rash or hives), often around the mouth
- Swelling e.g. lips, eyes, ears
- Cough

You should discuss when to re-introduce wheat with your doctor, allergy nurse or dietitian. This leaflet outlines a safe way to do this.

Children with a history of the following symptoms should **not** reintroduce wheat at home;

- Anticipated risk of severe reaction such as anaphylaxis or breathing difficulties.
- Your child's doctor / allergy nurse has advised against this based on awaited or recent blood or skin tests.

If there is a history of any of the above wheat will need to be reintroduced within a hospital setting and under the supervision of a trained healthcare professional.

Practical pointers of Wheat reintroduction

Before starting the reintroduction process or progressing to the next step, ensure the following.

- Your child is well at the time.
- All gastrointestinal symptoms have settled and or eczema is not flared
- Your child does not have any antihistamine in their body as this may mask a reaction.
- Make sure foods do not contain any other ingredients which your child is allergic to
- Don't introduce any other new foods during the wheat reintroduction
- Ideally introduce foods early in the day, at a time when you are not busy and able to monitor for adverse symptoms. Have your child's antihistamines available.
- All children are individual and will work their way up this process at different rates
- Don't force your child to have a particular food as remember these foods are new to your child so they may be hesitant at first.
- If your child is at school/ nursery keep them on a wheat free diet there and just reintroduce at home so you can control portion sizes and note any reactions.
- If your child spends time at more than one home, agree a plan between you.

Steps of Wheat Reintroduction

Start with small amounts of a food and gradually increase until a full portion is reached. If a food in a step is tolerated, leave this food in the diet and move onto the next step. If your child seems to react to the foods offered go back to the previous stage and wait at least 3 months before trying again.

Step		Portion Size	If excluding milk, egg, soya or nuts ** always check label as ingredients can change **
Step 1	Give baked food containing wheat once a day	$\frac{1}{4}$ Weetabix™ 10g cooked pasta $\frac{1}{4}$ slice bread or toast 1 bread stick $\frac{1}{2}$ cheese cracker $\frac{1}{2}$ Digestive biscuit 1 Rich Tea biscuit	$\frac{1}{4}$ Weetabix 10g cooked egg free pasta $\frac{1}{4}$ slice soya free bread 1 bread stick $\frac{1}{2}$ Jacobs cream cracker $\frac{1}{2}$ digestive biscuit or other milk free biscuit
Step 2	Double the portion	$\frac{1}{2}$ Weetabix 20g cooked pasta $\frac{1}{2}$ slice bread 2 bread sticks 1 Digestive biscuit	
Step 3	Double the portion	1 Weetabix 40g cooked pasta 1 slice bread 2 Digestive biscuits	
Step 4	Give a normal portion for your child's age	2 Weetabix 2 slices bread 60g cooked pasta	
Step 5	Add an additional portion	Have 2 portions wheat containing foods per day	

Take 7 days for each step. When your child is having two full portions of wheat for 7 days and tolerating you should be able to include wheat freely in the diet.

For further support please contact your Paediatric Dietitian on 0121 424 1674 or Paediatric Allergy nurse on 0121 424 2393.

This leaflet should only be used in conjunction with advice from your Paediatric Dietitian / Paediatric Allergy Nurse. Information is correct at time of writing

Accessibility

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