



PREVENTING PEANUT ALLERGY:

Introduce Peanut Foods Early to Your Baby

Feeding peanut to your infant may lower their chance of developing a peanut allergy. Before you start giving your child peanut-containing foods, you need to know when and how to do it. You should discuss any concerns you have with your doctor before starting.

Note: Before giving peanut to your baby, introduce other solid foods to their diet first.



STEP 1

FIND OUT IF YOUR CHILD IS AT A HIGHER RISK FOR DEVELOPING A FOOD ALLERGY.

Your child's history of food allergy and eczema may determine when and how they can try peanut.

My baby has severe eczema and/or an egg allergy.

Your child is at a higher risk for developing a food allergy. Your baby should have peanut-containing foods as early as **4 to 6 months old**. If you don't know if your child has severe eczema, ask your child's doctor. **Before introducing peanut, talk to your child's doctor first and follow their instructions for introduction.**

If you are concerned about trying peanut foods at home, ask the doctor about giving the first feeding in their office.

My baby has mild or moderate eczema.

You can introduce peanut-containing foods around **6 months** old at home, if you are comfortable.

My baby does not have eczema or any food allergy.

You can introduce peanut-containing foods when your child is ready.



PROUDLY BROUGHT TO YOU BY
KIDS WITH FOOD ALLERGIES
A Division of the Asthma and Allergy
Foundation of America

For more detailed information and a list of resources, please visit kidswithfoodallergies.org.

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STEP
2

INTRODUCE PEANUT FOLLOWING THESE STEPS.

For the first feeding:

- Make sure your child is healthy (no fever, cold, vomiting or diarrhea).
- Do it at home when you can watch your child for 2 hours after the feeding.
- Thin 2 teaspoons (about 2 grams) of smooth peanut butter with 2 to 3 teaspoons of hot water. Stir until well blended and cool. Add more water if needed. You can also add peanut powder to infant cereal or fruit puree.
- Give your child a small spoonful of the peanut butter. Wait 10 minutes.
- Watch for an allergic reaction.



If your child has any of these symptoms, they may be having a life-threatening allergic reaction called anaphylaxis. CALL 911 IMMEDIATELY.

Trouble breathing
Hives or rash
Face, lip or tongue swelling
Repeated coughing
Wheezing
Vomiting
Change in skin color, especially pale or blue
Personality changes or sudden tiredness

- If your child has not had an allergic reaction after 10 minutes, feed them the rest of the peanut mixture.

STEP
3

CONTINUE FEEDING 2 TEASPOONS OF PEANUT-CONTAINING FOODS THREE TIMES A WEEK.

After a successful first feeding, continue to give your child 2 teaspoons (about 2 grams) of peanut three times a week. It's important that your child eats peanut-containing foods regularly.

If your child doesn't want to eat all of the peanut-containing food, focus on regular feedings. Regular feedings are an important part of preventing peanut allergy.



Do not give your child whole peanuts or undiluted peanut butter. These are choking hazards.

TRY SOME OF THESE WAYS TO SAFELY GIVE YOUR BABY PEANUT-CONTAINING FOODS:

1. Peanut containing puffs or sticks (Bamba):

- 21 sticks = ~2 g of peanut protein
- Infants less than 7 months of age: soften with 4-6 teaspoons of water
- Older infants can eat unmodified but can also soften, if desired

2. Thinned smooth peanut butter:

- Measure 2 teaspoons of peanut butter and slowly add 2-3 teaspoons hot water
- Stir until dissolved and well blended
- Let cool
- Increase water amount if necessary. Or, add to their regular infant cereal to achieve consistency comfortable for the baby.

3. Smooth peanut butter puree:

- Measure 2 teaspoons peanut butter
- Add 2-3 tablespoons of pureed tolerated fruit or vegetables to peanut butter
- Adjust volume of puree to achieve desired consistency

4. Peanut flour and peanut butter powder:

- Measure 2 teaspoons of either product (both interchangeable)
- Add 2 tablespoons of tolerated fruit or vegetable puree to flour or powder
- Volume of puree can be adjusted to achieve desired consistency

Published in 2015, the Learning Early About Peanut Allergy (LEAP) study involving more than 600 infants was the first randomized intervention trial to study early introduction to peanut protein in infants as a preventive strategy. The study demonstrated that for infants with severe eczema and/or egg allergy (a population at high risk of developing peanut allergy) early consumption of peanut-containing foods in infancy (between 4 and 10 months of age) reduced the risk of developing peanut allergy by 5 years of age by more than 80 percent.

In September 2017, the U.S. Food and Drug Administration announced that food manufacturers can use a new qualified health claim on products. The claim reads:

For most infants with severe eczema and/or egg allergy who are already eating solid foods, introducing foods containing ground peanuts between 4 and 10 months of age and continuing consumption may reduce the risk of developing peanut allergy by 5 years of age. FDA has determined, however, that the evidence supporting this claim is limited to one study.



Through our online communities, you can connect with others and stay up to date on news and research. Join our community to follow our blog for the latest new food finds and allergy-friendly recipes at community.kidswithfoodallergies.org.



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