



## INTRODUCING PEANUTS TO YOUR INFANT EARLY CAN HELP PREVENT PEANUT ALLERGY

♥ KNOW YOUR CHILD'S RISK ♥



Because the ideal window for introducing peanut-containing foods is small—and begins early—it's critical to know your baby's risk factors and plan in advance. Depending on your child's risk, guidelines from the National Institute of Allergy and Infectious Diseases (NIAID) provide the following recommendations for introducing peanut-containing foods to your child after they've already started other solid foods. Early introduction of peanut-containing foods can reduce the risk of developing peanut allergy by up to 86%.

### IF YOUR INFANT Has Severe Eczema, Egg Allergy or Both

The new guidelines recommend talking with your pediatrician before giving them any peanut foods. Your healthcare provider might want to do an allergy test or introduce baby-friendly peanut foods under medical supervision. Once cleared, infants in this category should start eating peanut foods around 4-6 months of age and should continue to consume them regularly – 2g of peanut protein, three times per week.

### IF YOUR INFANT Has Mild To Moderate Eczema

The new guidelines recommend feeding them small amounts of baby-friendly peanut foods, like peanut powder or thinned peanut butter, around three times a week starting when they are around 6 months old. It is not necessary for parents of infants in this group to have an in-office evaluation by a pediatrician in advance of introducing peanut foods.

### IF YOUR INFANT Has No Eczema or Food Allergy

The new guidelines recommend introducing foods that contain peanuts together with other solid foods as often as you would like and in accordance with family preferences and cultural practices. Most children will fall into this low-risk category.



# 5 EASY WAYS TO INTRODUCE PEANUT FOODS TO YOUR INFANT



[preventpeanutallergies.org](http://preventpeanutallergies.org)



## MIX WITH WATER, FORMULA OR BREAST MILK

Thin 2 tsp. of peanut butter with 2-3 tsp. hot water, formula or breast milk. Allow to cool before serving.



## MIX WITH PRODUCE

Stir 2 tsp. of powdered peanut butter into 2 Tbsp. of previously tolerated pureed fruits or vegetables.



## TEETHING BISCUITS

Teething infants who are older and self-feeding may enjoy homemade peanut butter teething biscuits. Find a recipe for teething biscuits at [nationalpeanutboard.org](http://nationalpeanutboard.org)



2

## MIX WITH FOOD

Blend 2 tsp. of peanut butter into 2-3 Tbsp. of foods like infant cereal, yogurt (if already tolerating dairy), pureed chicken or tofu.



4

## PEANUT SNACKS

Give your baby a peanut-containing teething food, such as peanut puffs.



### Remember:

The recommended way to introduce baby-friendly peanut foods depends on each child's individual risk factors. Depending on your child's risk, peanut foods should be introduced according to NIAID guidelines after they've already started other solid foods. Whole nuts should not be given to children under 5 years of age. Peanut butter directly from a spoon or in lumps/dollops should not be given to children less than 4 years of age. This content is not intended to be a substitute for professional medical advice, diagnosis or treatment. **Always seek the advice of your pediatrician.**