

# INTRODUCING PEANUTS

NEW GUIDELINES FOR PREVENTION OF PEANUT ALLERGY

## WHY TRY PEANUTS EARLY

Research has shown that early introduction of peanut protein into the diets of infants helps prevent peanut allergy.

## WHO CAN TRY PEANUTS

Some infants may require allergy testing before trying peanuts so always discuss with your doctor before introducing new foods.

Infants with severe eczema or egg allergy need a peanut allergy test by 4-6 months old.

Infants with mild to moderate eczema should have peanuts introduced by 6 months of age.

Any infant over 4 months may benefit from early introduction of peanuts.

## KEEPING IT UP

Once your infant has successfully tried peanut protein, it is recommended that you offer 2 gram servings 3 or more times a week.

Stop if your infant develops any allergic symptoms within 2 hours of eating peanuts protein. Remember to never feed whole nuts to children under 5 years old or dollops of peanut butter to children under 4 years old due to choking concerns.

## HOW TO DO IT

Bamba (a puff peanut product) or thinned smooth peanut butter are easy ways to introduce peanut protein to your infant. Each feeding should be 2 grams of peanut protein (more on this below).

Your infant should not have any upper respiratory symptoms, like a runny nose or cold, when first introducing peanut butter.

The first feeding should be a small amount, just the tip of a teaspoon. Watch your infant for 10 minutes to make sure there are no reactions such as hives, vomiting or nasal symptoms. If there are no reactions, continue to offer the rest of the 2 gram serving of peanut protein at the infant's normal feeding pace.

Once the full serving is eaten, monitor your infant for 30 minutes for any signs of an allergic reaction as listed above.

## WHAT IS A 2 GRAM SERVING

Mix two teaspoons of smooth peanut butter blended with two to three teaspoons of warm water or pureed baby food.