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Introducing peanut foods to your infant early can help prevent peanut allergy

The science is clear: Introducing peanut containing-foods early can reduce the risk an infant at high-risk will develop a peanut allergy by up to 86 percent.

The good news is most babies are not at risk for developing a peanut allergy. However, the prevention window for introduction is small, and begins early—and all babies can benefit from eating peanut foods the first year. That's why it is so important to know which path is right for your child. The new Dietary Guidelines for Americans provide direction.

If your infant has severe Eczema, egg allergy, or both

Introduce peanut-containing foods at age 4 to 6 months

These conditions increase the risk of peanut allergy. Discuss with your infant's healthcare provider before introducing any foods containing peanut (and ideally before your baby turns four months of age).

If your provider approves, the Dietary Guidelines for Americans recommend infants in this category begin eating peanut foods around 4-6 months of age—and continue to consume them regularly.

or

Other infants

Introduce peanut-containing foods within the first year

The new guidelines recommend introducing foods that contain peanuts along with other solid foods and in accordance with family preferences and cultural practices—within your infant's first year of life.

It is not necessary to consult with your healthcare provider before beginning introduction. Most children will fall into fall into this category.

Dietary Guidelines for Americans
https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf

NIAID Guidelines for Clinicians and Patients for Diagnosis and Management of Food Allergy in the United States
https://www.niaid.nih.gov/sites/default/files/addendum-peanut-allergy-prevention-guidelines.pdf

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5 Easy ways to introduce peanut foods to your infant

1 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.

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.

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

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

5 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**

Remember:
- Introduce peanut foods to your infant after they have already started other solid foods.
- Do not give whole nuts to children under 5 years of age.
- Do not give peanut butter directly from a spoon or in lumps/dollops to children under 4 years of age.

PreventPeanutAllergies.org

This content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Seek the advice of your pediatrician or other primary healthcare provider for questions about your specific child's risk.

Visit **PreventPeanutAllergies.org** for more about early introduction, including background, resources and answers to frequently asked questions.