

Peanut Feeding Guidelines

New guidelines from the National Institute of Health will show that early introduction of peanuts can decrease the likelihood of peanut allergies. Many families will be advised to introduce age appropriate peanut containing foods into your baby's diet at home. However, you should NEVER do this without discussing with your pediatrician or family physician first. Some may need to undergo testing first, especially if they have severe eczema or other known food allergies. **This is intended for children under the age of 11 months.**
Children who already have a known peanut allergy should strictly avoid ingesting peanuts.

General Recommendations

1. Feed your infant only when he/she is healthy; do not do the feeding if he or she has a cold or has recently had vomiting, diarrhea, or other illness.
2. Give the first peanut feeding at home, not at day care or restaurant.
3. Make sure at least one adult will be able to focus all of his or her attention on the infant, without any distractions from other children or household activities.
4. Make sure that you can spend at least 2 hours with your infant after the feeding to watch for any signs of an allergic reaction.
5. As a precaution, before you begin feeding, have diphenhydramine (Benadryl) readily available in case of a mild allergic reaction. Your health care provider can provide you with the correct dose, which is based on your infant's weight.
6. Be prepared to call 9-1-1 immediately in case of a sudden and concerning reaction. Of note, these types of reactions are rare in infants with low or no risk factors, which your infant's doctor can help you determine.

What Is A Mild Reaction?

For MILD reactions such as the following, you can give diphenhydramine or contact your health care provider for guidance:

- Red rash or hives around the mouth or face
- Localized lip swelling
- A single episode of vomiting

What Is A Sudden And Concerning Allergic Reaction?

If your infant has any of the following symptoms, call 9-1-1 immediately:

- Widespread hives over the body
- Facial swelling or large lip swelling
- More than one episode of vomiting
- Any difficulty breathing or vomiting
- Loss of tone or unresponsiveness

Feeding Your Infant

1. Prepare a full portion of one of the peanut-containing food from the recipe options below
2. Offer your infant a small part of the peanut serving on the tip of a spoon
3. Wait 10 minutes
4. If there is no allergic reaction after the first small bite, then slowly give the remainder of the peanut-containing food at the infant's usual eating speed
5. NEVER offer your infant whole peanuts or pieces of a peanut as these are choking hazards!



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What type of peanut containing foods should be given?

- The developmental readiness of the infant must always be taken into account prior to introduction of any peanut containing foods
- Whole or divided peanuts should never be given to an infant due to risk for choking
- There are several sources that can be used to offer 2 grams of peanut protein per feeding:

1.

Peanut containing puffs or sticks:

- 21 sticks = ~2 g of peanut protein
- Infants < 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 previously tolerated infant cereal to achieve consistency comfortable for the infant

3.

Smooth peanut butter puree:

- Measure 2 teaspoons peanut butter
- Add 2-3 tablespoons of pureed tolerated fruit or vegetables to peanut butter
- Volume of puree can be adjusted to achieve desired consistency

4.

Peanut flour and peanut butter powder:

- Measure 1 teaspoon of either product (both interchangeable)
- Add 2 tablespoons of pureed tolerated fruit or vegetable to flour or powder
- Volume of puree can be adjusted to achieve desired consistency

Appointment Scheduling Information

Nationwide Children's allergy clinics are conveniently located in Hilliard, Westerville, and Columbus. To schedule an appointment and one of our allergy clinics, please call (614) 722-5500.

