

Introducing Peanut into Your Infant's Diet

Current research shows that early introduction of peanut protein into an infant's diet helps significantly reduce the likelihood of peanut allergy. It is recommended that infant's begin eating peanut at age 6 months. The only exceptions are infants who have egg allergy, severe eczema or both. These babies need to have allergy testing for peanut before introducing it into the diet. Your physician or pediatric nurse practitioner will discuss with you whether you should add peanut to your baby's diet at the 6 month well-visit. Below are instructions on how to introduce peanut into your baby's diet:

1. Give the first peanut feeding at home and not at a daycare facility or restaurant. Your baby should be healthy and not have cold symptoms, vomiting or diarrhea
2. Make sure that one adult will be able to focus all of his/her attention on your baby without distraction.
3. Make sure that you will be able to spend at least 2 hours with your baby after the feeding to watch for signs of an allergic reaction (rash, hives, lip swelling, face or tongue swelling, difficulty breathing, wheeze, repetitive coughing, change in skin color (pale, blue), lethargy). **If any of these signs of allergic reaction occur, call 911.**
4. Prepare a full portion of one of the peanut containing foods from the recipe options below
5. Offer your infant a small part of the peanut serving on the tip of a spoon
6. Wait 10 minutes
7. If there no allergic reaction then slowly give the remainder of the peanut containing food
8. Feed 3 servings a week of peanut containing foods

Peanut containing food recipes:

1. "Bamba" peanut snacks (Manufactured by Osem)
 - Soften 21 pieces with 4-6 teaspoons of water and feed with spoon
 - For older infants who can manage dissolvable textures (finger foods), Bamba can be fed without softening
2. Thinned smooth peanut butter
 - Measure 2 teaspoons of peanut butter and slowly add 2 to 3 teaspoons of hot water
 - Stir until peanut butter is dissolved, thinned and well blended.
 - Let cool before feeding
 - Increase water amount if necessary
3. Smooth peanut puree
 - Measure 2 teaspoons of peanut butter
 - Add 2 to 3 tablespoons of pureed tolerated fruits or vegetables to peanut butter and mix.