

Preventing Peanut Allergy

Risk Categories

1. Babies without eczema or food allergy
 - a. Introduce peanut products freely along with other solid foods, it need NOT be introduced early.
2. Babies with mild to moderate eczema:
 - a. Introduce peanut products at 4-6 months
3. Babies with severe eczema (persistent or recurrent rash with a frequent use of prescription creams) and/or egg allergy:
 - a. These babies require testing for peanut allergy. This can be a skin test with an allergist or a blood test ordered from the office (peanut component). If the blood test is positive then the baby should see an allergist. If the test is negative then the baby should be introduced to peanut products between 4-6 months. This will sometimes be done in the doctor's office—just to be safe.

How to Introduce Peanut Products

To decrease the risk of peanut allergy 2gm of peanut protein should be offered 2-3 times per week.

1. Thinned smooth peanut butter: 2 teaspoons + 2-3 teaspoons of hot water stirred until well blended and then cooled. It can be made thinner if your child prefers.
2. Smooth peanut butter puree: 2 teaspoons + 2-3 tablespoons of pureed fruit or vegetable.
3. Peanut flour or peanut butter powder: 1 teaspoon + 2 tablespoons pureed fruit or vegetable. Can also add to water, breast milk, or formula.