



Adding Peanuts to Your Baby's Diet:

Add to Well-Baby After Visit Summary at 4, 6, and 9-10 months

Research has shown that peanut allergy can be prevented by introducing peanut-containing foods into the diet early in life. Based on this research, the National Institutes of Health has published a new guideline recommending that babies start eating peanut-containing foods soon after they have tried a few other solid foods. This typically occurs at 4 to 6 months of age.

Do not give your baby (or young child) whole peanuts! Whole peanuts are a choking hazard. You can feed your baby thinned smooth peanut butter, peanut flour or peanut powder.

If you believe your child has an egg allergy and/or severe eczema, talk with your child's doctor **before** introducing peanut-containing foods in their diet. The doctor may want to run some tests before deciding if the child should eat peanut-containing foods. The doctor may also want to give your baby the first feeding at their office, under supervision.

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