

Introducing Peanut-Containing Foods to Your Baby's Diet

Peanut allergies can be prevented by introducing peanut-containing foods to your baby's diet early. Your doctor has determined that it is safe for you to introduce peanut containing foods to your baby's diet because they are not high risk for peanut allergy (they do not have severe eczema or an egg allergy). Introducing peanut-containing foods is generally recommended around 6 months of age.

It is important to note that **whole peanuts are a choking hazard, and these should never directly be given to babies or young children.** Other solid foods should be introduced in the baby's diet before peanut-containing foods are introduced. This is recommended to ensure the baby is developmentally ready to eat.

The following are general feeding tips and recipe options for feeding your baby peanut-containing foods.

Important guidelines:

1. Feed your baby only when they are healthy, not if they have a cold, vomiting, diarrhea, or other illness.
2. Give the first peanut feeding at home and not at a day care facility or restaurant.
3. Make sure at least 1 adult will be able to focus all of their attention on the baby without distractions from other children or household activities.
4. Make sure that you will be able to spend at least 2 hours with your baby after the feeding to watch for any signs of an allergic reaction.

Feeding your baby

1. Prepare a full portion of one of the peanut-containing foods. You can use one of the recipe options listed below.
2. Offer your baby 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 this small taste, then slowly give the baby the remainder of the peanut-containing food at their usual eating speed.

What are symptoms of an allergic reaction? What should I look for?

- Mild symptoms can include:
 - a new rash
 - a few hives around the mouth or face
- More severe symptoms can include any of the following alone or in combination:
 - lip swelling
 - vomiting
 - widespread hives (welts)
 - face or tongue swelling
 - any difficulty breathing
 - wheezing
 - repetitive coughing
 - change in skin color (pale, blue)
 - sudden tiredness/ lethargy/seeming limp

If you have any concerns about your baby's response to peanut, seek immediate medical attention/call 911.

Recipe options:

Option 1: Thinned smooth peanut butter

- a) Measure 2 teaspoons of peanut butter and slowly add 2 to 3 teaspoons of hot water.
- b) Stir until peanut butter is dissolved, thinned, and well blended.
- c) Let cool.
- d) Increase water amount if necessary (or add previously tolerated infant cereal) to achieve consistency comfortable for the baby.

Option 2: Smooth peanut butter puree

For 2 teaspoons of peanut butter, add 2 to 3 tablespoons of pureed tolerated fruit or vegetables to peanut butter. You can increase or reduce volume of puree to achieve desired consistency.

Option 3: Blended peanuts

Use blender to create a paste or powder. Two teaspoons of ground peanuts can be added to a portion of yogurt or pureed fruit or savory meal.

Option 4: Peanut flour or peanut butter powder

Mix with yogurt or apple sauce.

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