

# Introducing peanut into your baby's diet

## Information for patients, parents and guardians

We have given you this factsheet because you have been advised by our children's allergy clinic to introduce peanut into your baby's diet. It includes how to introduce peanut into your baby's diet, some peanut recipes to try at home and what to do if your baby has a reaction to peanut. We hope it will help to answer some of the questions you may have. If you have any further questions or concerns, please speak to a member of our children's allergy team.

Your baby's name: \_\_\_\_\_

Date of issue: \_\_\_\_\_

### When to begin introducing peanut into your baby's diet

You should only begin introducing peanut into your baby's diet when they have started eating solid foods (weaning). Please be aware that the introduction must take place within six weeks from when you received this factsheet.

### Tips for introducing peanut into your baby's diet

- Make sure your baby is well and any eczema is well-controlled.
- Always introduce peanut into your baby's diet in your own home.
- Choose a day when you have time to observe your baby for at least two hours after they have eaten the food containing peanuts.
- If your baby doesn't seem interested, try again another day. It is important to go at your baby's pace.
- In the unlikely event that your baby has a reaction to peanut, follow the advice included in this factsheet on what to do if your child has a reaction to peanut.
- **Do not give whole peanuts, coarsely chopped peanuts or chunks of peanut butter to children under the age of five years, as they may choke.** Whole peanuts must be ground to a fine, even powder that has no lumps.

### How to introduce peanut into your baby's diet

To introduce peanut into your baby's diet, you will need to start with a very small amount of peanut butter initially and then gradually increase the amount on a daily basis, as outlined in the table below:

Day	Amount of peanut butter	Mix peanut butter with
1	Grain of rice size	Fruit or vegetable purée (thinned with warm water, if necessary) or your child's usual cereal
2	1/8 of a teaspoon (pea-size)	
3	¼ of a teaspoon	
4	½ of a teaspoon	
5	1 teaspoon	
6	1 ½ teaspoons	
7	2 teaspoons	

Once your baby is able to eat and tolerate two teaspoons of peanut butter without any symptoms, include two to three servings of peanut in their diet each week. You may now also introduce peanut in the following forms:

- 8g (approximately eight to ten peanuts) of very finely-ground peanuts (not recommended for babies who do not yet tolerate lumpy foods).
- Half to one full packet of peanut puff snacks, such as 'Bamba' or 'Cheeky Monkey' (available from Amazon). Mix with one tablespoon of warm water or your baby's usual milk to make a smooth porridge.
- 4g of Hi-PRO peanut powder (available in supermarkets) or Sukrin fat-reduced peanut flour (available from Amazon) mixed with your baby's usual food.
- Thinned smooth peanut butter (see recipe below) mixed into wet foods such as fruit or vegetable purée, your baby's usual cereal or porridge, yoghurt (if cow's milk is tolerated) or savoury wet foods (for example, casserole or Bolognese sauce).
- Smooth peanut butter on a slice of bread or a rice cake (if your baby is eating finger foods).

### Recipes for giving peanut at home

#### Thinned smooth peanut butter (one serving)

1. Measure one and a half to two teaspoons of smooth peanut butter and then slowly add two teaspoons of warm (previously boiled and cooled) water. Adjust the amount of water used to achieve a suitable consistency if necessary.
2. Stir until the peanut butter is dissolved, thinned and well-blended.
3. Allow to cool. The mixture can then be given to your baby as it is, or mixed with a suitable baby cereal or other wet foods.

#### Peanut butter purée (one serving)

1. Measure one and a half to two teaspoons of smooth peanut butter.
2. Add two tablespoons of puréed fruit or vegetables, or baby cereal to the peanut butter. Adjust the amount of purée to achieve a suitable consistency.

### What to do if your baby has a reaction to peanut

It is unlikely that your baby will react to peanut. However, it is important that you know what symptoms to look out for in the event that a reaction happens. Symptoms will usually appear within a few minutes to two hours after eating peanut.

#### Mild to moderate symptoms

Mild to moderate symptoms are not dangerous. Please refer to your child's allergy action plan and dial **111** for advice if needed.

Mild to moderate symptoms include:

- swelling of the lips, eyes or face
- itchy, raised skin rash (hives)
- abdominal (tummy) pain
- feeling or being sick

If your baby experiences any of the symptoms above, **do not reintroduce peanut again**. Record the amount of peanut that you gave your baby and their symptoms, and then contact us on the next working day.

### Severe symptoms

Severe symptoms are rare and include:

- swelling of the tongue
- a persistent cough or hoarse cry
- difficult or noisy breathing
- pale and floppy
- unresponsive or unconscious

Dial **999** immediately if your baby experiences any of the severe symptoms above. Your baby may be experiencing anaphylaxis (a severe and potentially life-threatening reaction to a trigger such as an allergy).

### Contact us

If you are experiencing difficulties introducing peanut into your baby's diet, please contact our allergy dietitian.

Allergy dietitian

Telephone: **023 8120 6072**

If you have any other questions or concerns, please contact our children's allergy service using the details below.

Clinic secretary

Telephone: **023 8120 4335**

Email: **childrensallergy@uhs.nhs.uk**

Day ward

Telephone: **023 8120 4511**

Allergy nurse

Telephone: **07557 214 836**

Department of dietetics/speech and language therapy  
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[www.uhs.nhs.uk/childrenshospital](http://www.uhs.nhs.uk/childrenshospital)

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