



The Three E's of Early Peanut Introduction

The Addendum Guidelines for the Prevention of Peanut Allergy in the United States recommend that babies receive infant-safe peanut foods when developmentally ready, as early as 4 to 6 months of age. These guidelines, developed by the National Institutes of Allergy and Infectious Disease in 2017, have been adopted by the American Academy of Pediatrics (AAP) and United States Department of Agriculture (USDA) in their 2020-2025 Dietary Guidelines for Americans. Following the guidelines can reduce the development of peanut allergy by up to 80%.

Follow the three E's of early introduction to implement these guidelines in your practice.

1. ENCOURAGE all parents to introduce infant-safe peanut foods when their baby is developmentally ready, as early as 4 to 6 months of age.

- ✓ At-home introduction of infant-safe peanut foods has been shown effective and safe for most infants and should not interfere with continued breastfeeding.
- ✓ **Early** and **often** are the keys to success. Evidence from large, randomized, controlled trials suggest that providing peanut foods 2 to 3 times per week is optimal for risk reduction.
- ✓ **Empathize** with families already managing peanut allergy at home. Strategize how they can regularly provide peanut foods to their infant while protecting the allergic household member(s) from exposure to peanut.

2. EVALUATE the small subset of infants (~5%) who have severe atopic dermatitis or an egg allergy and are considered at high risk for developing a peanut allergy.

- ✓ These high-risk infants benefit most from the introduction of infant-safe peanut foods starting as early as 4 months.
- ✓ Consider ordering peanut-specific serum IgE testing prior to the introduction of peanut-containing foods for these infants.
- ✓ Promptly refer infants with positive peanut-specific IgE results to an allergy specialist for additional evaluation and recommendations.

3. EDUCATE parents about readiness cues to start introducing solids and how to introduce peanut foods safely and effectively:

- ✓ Introduce infant-safe forms of peanut after 2 or 3 other complementary foods have been safely introduced.
- ✓ Two teaspoons of smooth peanut butter mixed with water, breast milk or formula is a good place to start. This is equivalent to about 2g of peanut protein.
- ✓ Discuss the early introduction of other top allergen foods as part of a diverse and healthy diet and as recommended in the 2020-2025 Dietary Guidelines for Americans. These foods include egg, tree nut, sesame, soy (tofu), cow's milk products (yogurt), shellfish, finned fish and wheat.
- ✓ Share information on how to identify a food allergy reaction in an infant.

DON'T DELAY! Delaying may increase the chance of a baby developing a peanut allergy.



Visit [FoodAllergyPrevention.org](https://www.FoodAllergyPrevention.org) for free resources you can use to educate parents about early allergen introduction and more effectively identify severe eczema in babies.