

# Clinician Workflow for Early Peanut Introduction

(Follows NIH 2017 Addendum Guidelines)

Visit [FoodAllergyPrevention.org](https://www.foodallergyprevention.org) for free resources to help with practice integration and patient education.

## 4 & 6 Month Visits

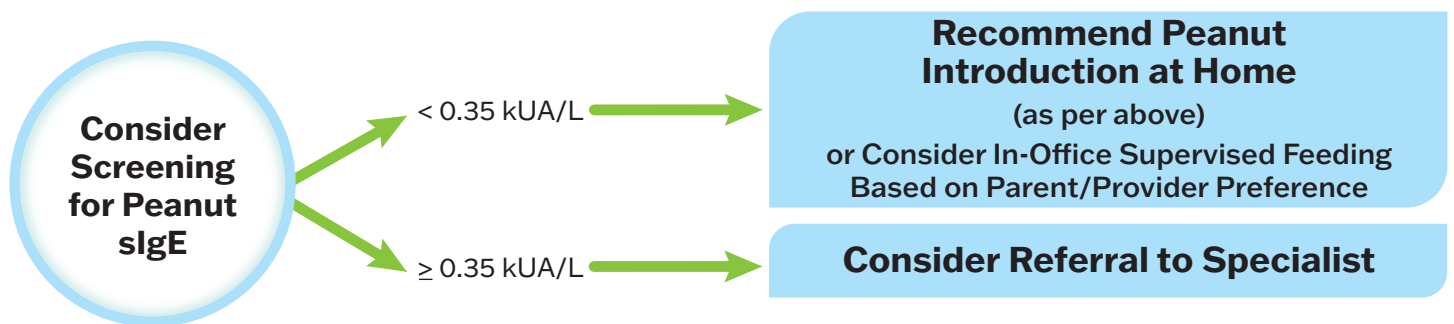
For more than 95% of infants you should:

### Recommend Introduction of Safe Peanut-Containing Foods at Home

As early as 4 to 6 months old when ready for solids and in accordance with family preferences and cultural practices. 2g\* protein per feeding, 3 times per week.

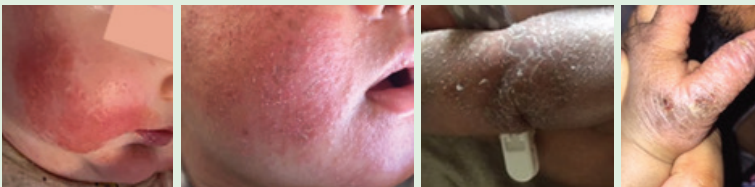
\*NOTE: 2g peanut protein ≈ 2 tsp of thinned creamy peanut butter

**HOWEVER,** If Infant Has Severe Eczema and/or Egg Allergy (<5% of infants):



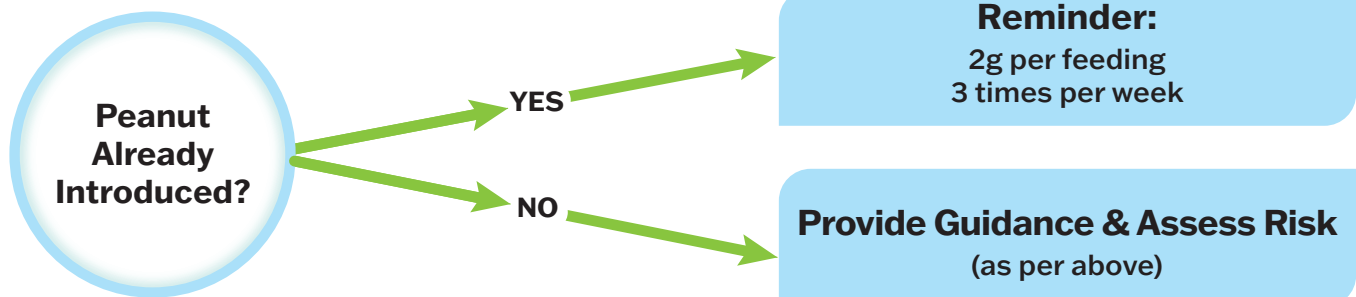
**IMPORTANT CONSIDERATION:** Consensus guidance published in 2020 by three professional associations in North America (AAAAI, ACAAI, CSACI) recommend that screening before peanut introduction is not required, but may be preferred by some families. *Fleischer DM, Chan ES, et al. J Allergy Clin Immunol Pract. 2021 Jan; 9(1):22-43.e4. Epub 2020 Nov 26.*

## Severe Eczema Examples



**DEFINITION:** Disease is **widespread in extent** and persistent or frequently recurring. Morphology and distribution are assessed as severe by a health care provider. Requires frequent need for prescription-strength topical corticosteroids, calcineurin inhibitors, or other anti-inflammatory agents despite appropriate use of emollients.

## 6, 9, & 12 Month Visits



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