# Help Stop a Food Allergy in your Baby BEFORE it Starts!

## Talk with Your Baby's Doctor Today!

**U.S. Guidelines recommend** giving your baby infant-safe peanut-containing foods as early as 4 to 6 months of age, to help prevent peanut allergy.

**Learn more at FoodAllergyPrevention.org**

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# Feeding Your Baby Solid Foods

## When?

**Your baby should show interest in eating solid foods between 4 and 6 months of age.**

**Do I show signs that I am ready to eat food?**

### Your baby may be ready to eat solid foods if they...

- ✓ Have good head and neck control.
- ✓ Sit up with little or no support.
- ✓ Open their mouth when offered safe foods.
- ✓ Show an interest in and try to play with foods.

## What?

### Recommendations for first foods:

- Start with foods that contain only one ingredient, such as fortified baby cereal, a pureed vegetable, or a pureed fruit.
- Slowly progress to two-ingredient purees, such as meat mixed with a vegetable.
- Offer thin purees at first. As your baby gets used to different textures, advance to mashed foods.
- Avoid feeding sweets or adding sugar or salt to foods.
- Infant cereal should not be given in a bottle.
- Until baby is 12 months old, avoid cow's milk, juice, and honey.
- Until baby is 4 years old, avoid hard, round, or sticky foods such as whole nuts or grapes, raw carrots, or unthinned peanut butter (choking hazards).

## How?

### How to introduce solid foods:

- Continue to provide breast milk or infant formula during the first year of life.
- Feed your baby in a high chair and stay with them the whole time, watching for signs of choking.
- Allow your baby to try small amounts of purees first. Slowlly add additional foods and increase the number of times you give each food weekly.
- Your baby may need to be offered a new food several times before accepting this food.
- Gradually offer a variety of foods as baby adapts to new flavors and textures.

**Be patient. It may take a while before I like a new food.**

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# Adding Safe Peanut Foods to Your Baby's Diet

These are general instructions for feeding peanut-containing foods to your baby. When introducing peanut-containing foods, pick a time when your baby is healthy and able to have your full attention for at least 2 hours to watch for an allergic reaction.

Once your baby has been introduced to a few other solid foods, you can start adding in baby-safe forms of peanut.

## Steps for the First Feeding of Safe Peanut Food:

1. Offer a small sample of thinned, creamy peanut butter on the tip of a baby spoon.
2. Wait 10 minutes and watch for symptoms of an allergic reaction (listed below).
3. If you don't see any symptoms of an allergic reaction, slowly feed your baby the rest of the peanut food.

## Symptoms of an Allergic Reaction:

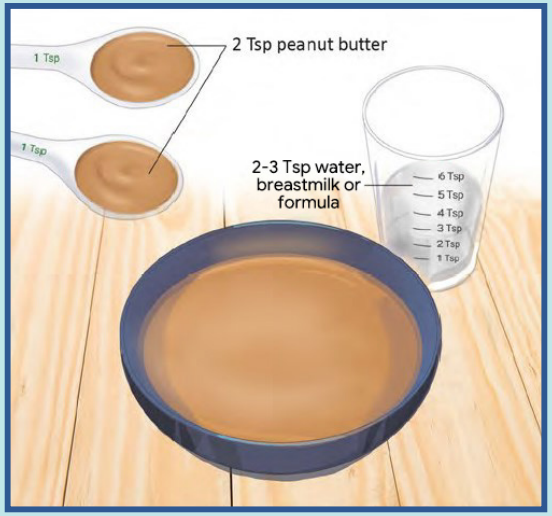
Mild symptoms include new rash, scratching at face or mouth, and hives (itchy bumps) especially near the mouth.

**Call 911 if your baby has any of these severe symptoms of allergy:**

- Trouble breathing
- Wheezing
- Coughing repeatedly
- Pale or blue skin
- Repeated vomiting
- Swelling of the tongue or lips
- Hives all over the body
- Floppy or limp limbs

## Peanut Recipe #1
## Thinned, Creamy Peanut Butter

(contains 2 grams of peanut protein)

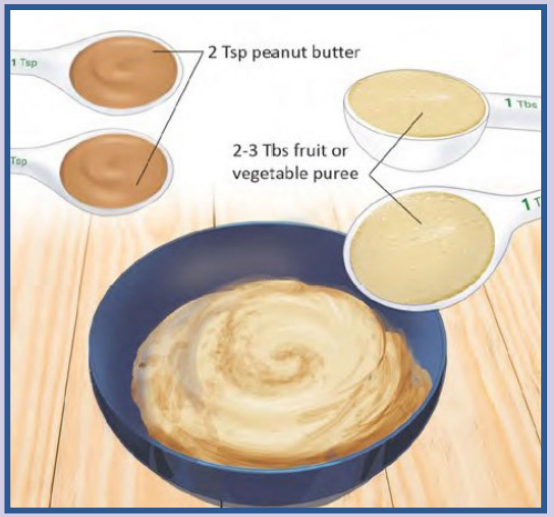



### Directions:

1. Measure 2 teaspoons of creamy peanut butter. Slowly add 2-3 teaspoons of warm water, breast milk, or formula.
2. Stir until peanut butter is well-blended and thin. Let cool.
3. Add liquid or infant cereal to make mixture as thin or thick as baby likes.

## Peanut Recipe #2
## Creamy Peanut Butter Puree

(contains 2 grams of peanut protein)




### Directions:

1. Measure 2 teaspoons of creamy peanut butter.
2. Add 2-3 tablespoons of pureed fruit or vegetable that your infant has eaten before to the peanut butter.
3. Adjust the amount of puree to ensure baby ingests adequate peanut protein.

**Start with one serving containing about 2 teaspoons of peanut butter shown above. Gradually increase to three servings weekly, adapting to your baby's appetite and taste preferences.**

**If your baby has severe eczema or an egg allergy, wait to give peanut-containing foods until their healthcare provider says it is okay.**

**Visit FoodAllergyPrevention.org for more information on how to stop a food allergy before it starts.**

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# Four Easy Steps to Prevent Peanut Allergy in Your Baby

**Peanut allergy is the most common food allergy in children in the United States. And once you have a peanut allergy it rarely goes away. You usually have it for life!**

**But Today, We Can Stop Most Peanut Allergy Before It Starts!**

**Providing infant-safe peanut-containing foods early** can reduce the chance of your baby developing a peanut allergy by as much as 80 percent.[1] Guidelines recommend giving infant-safe peanut foods as soon as your baby is ready to safely eat solid foods, as early as 4 to 6 months of age.[2]

Follow these simple steps to help prevent a peanut allergy from developing:

## Step 1: Make sure your baby is ready to safely eat pureed or solid foods. Your baby should:

- Be able to sit up on their own and show interest in table foods.
- NOT have had any allergic reaction to peanuts before.
- Be eating other solid foods. Only give peanut foods after your baby has tried several other foods first.
- Be healthy right now (no vomiting, diarrhea, cold, cough, or rash).

**"If your baby has severe eczema or an egg allergy, talk with your baby's doctor or other primary care provider first because these can make your baby more likely to have a peanut allergy reaction."**

## Step 2: Choose the peanut-containing food you want to give your baby. Here are three safe options to consider:

- **Option 1:** Creamy peanut butter that you thin by mixing it with breast milk, formula, or water.
- **Option 2:** Peanut flour or peanut powder that you mix into a puree your baby already eats.
- **Option 3:** Puffed snacks made with peanut and corn. For babies younger than 7 months of age, the peanut puffs should be softened with water, breast milk, or formula.

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# Step 3: Give your baby the peanut-containing food.

- Start with just a taste. Offer a small amount on the tip of a spoon.
- Continue feeding your baby other foods and watch your baby closely for 10 minutes before giving more peanut food.
- Allergic reaction symptoms can include skin rash or hives (red, itchy bumps), vomiting, swelling of the lips or tongue, coughing, wheezing, or starting to look sick.
- If there is no allergic reaction, slowly give the remaining food.
- If your baby has a reaction, don't feed any more peanut-containing food until you have contacted your baby's health care provider and been told it is safe to do so. If your baby seems to be having trouble breathing, call 911. Keep in mind this is a rare reaction.
- **IMPORTANT NOTE:** In rare cases, food allergy symptoms can appear up to 2 hours after giving peanut food. So, keep watching your baby for 2 hours.

**"Never feed whole peanuts, chunky peanut butter, or peanut butter straight from a jar to your baby! These are choking hazards.**

# Step 4: No reaction? Continue to give your baby peanut-containing food 2 to 3 times a week.

- Continuing to provide peanut foods is important for stopping a peanut allergy from developing.
- **It pays to be persistent.** Some babies may not show interest in solid foods at every feeding but continue to offer food consistently. Early introduction is most effective when it starts between 4 and 6 months of age.

**"DON'T DELAY introduction of peanut-containing foods. Delaying may increase the chance of your baby developing a peanut allergy."**

**Visit FoodAllergyPrevention.org to find information on the research behind these recommendations along with more details on how to recognize a food allergy reaction and safely feed your baby other top allergen foods as part of a diverse, health diet.**


References:

1. Du Toit G, Roberts G, Sayre PH, et al. Randomized trial of peanut consumption in infants at risk for peanut allergy. N Engl J Med. 2015;372(9):803-813. doi:10.1056/NEJMoa1414850
2. Addendum Guidelines for the Prevention of Peanut Allergy in the United States. https://www.niaid.nih.gov/sites/default/files/addendum-peanut-allergy-prevention-guidelines.pdf


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# How to Prepare Infant-Safe Peanut-Containing Foods at Home for Your Baby

There are several ways you can safely introduce peanut-containing foods to your baby. Introducing these foods as early as 4 to 6 months of age can reduce the chance of your baby developing a peanut allergy.

## Option 1: Thinned creamy peanut butter

1. Start with 2 teaspoons of creamy peanut butter in a small dish. (Don't use chunky peanut butter, which is a choking hazard.)
2. Slowly add 2 to 3 teaspoons of warm water, breast milk or formula.
3. Stir until peanut butter is well blended and the mixture is runny. Let the mixture cool if needed.

## Option 2: Creamy peanut butter in vegetable puree, fruit puree, or infant cereal

1. Start with 2 teaspoons of creamy peanut butter in a small dish.
2. Add 2 to 3 tablespoons of any vegetable puree, fruit puree, or infant cereal your baby already eats.
3. Adjust the amount of puree to match your baby's preferred texture and stir to mix.

## Option 3: Peanut flour or peanut butter powder in fruit or vegetable puree

1. Measure 2 teaspoons of peanut flour or peanut butter powder into a small dish.
2. Add 2 tablespoons of any pureed fruits or vegetables that your baby already eats.
3. Adjust the amount of puree to match your baby's preferred texture and stir to mix.

## Option 4: Peanut puffs

Puffed peanut snacks are made with peanuts and corn. You can buy puffed peanut snacks online or in some grocery stores.

- **Babies under 7 months:** Give softened puffed peanut snacks. Put two-thirds of a 1-oz bag of puffed peanut snacks in a small bowl and crush it into powder. Add 1.5 to 2 tablespoons of water, breastmilk, or formula to soften the puffed peanut snacks.
- **Older babies:** Give regular puffed peanut snacks. If your baby is already easily eating other puffed foods, give puffed peanut snacks right out of the package. One serving is about 21 puffs.

**Visit FoodAllergyPrevention.org to find more tips on safely feeding your baby first solid foods, how to recognize a food allergy reaction, and information about the research on preventing food allergies.**

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# Is My Baby Having a Food Allergy Reaction?

Severe food allergy reactions are rare in babies under 6 months of age. But they do happen. Here are some tips to help you speak with a doctor or seek emergency help.

## Mild Food Allergy Symptoms

Food allergy reactions can be mild or severe. Some mild food allergy symptoms include:

- A few hives or mild itch on the skin (raised, often itchy, red bumps or rash)
- Itchy or runny nose or sneezing
- Itchy mouth
- Mild nausea or stomach discomfort

## Could Your Baby Be Telling You it is a Food Allergy?

Babies have different ways of telling you something hurts or is wrong. Here are some signs you might see in a very young baby who is having a food allergy reaction:

- Putting their hands in their mouth
- Pulling or scratching at their tongue, face, or ears

**"Some of the symptoms of a mild food allergy can be caused by other things too. So, it can be hard to tell if the symptom is from a food allergy or something else. Use the simple test below to see if it might be a food allergy reaction"**

## Could it Be a Food Allergy?

If you can answer **YES to ALL THREE** items below, the symptoms may be a mild food allergy reaction and you should contact your baby's health care provider.

| | | | |
|---|---|---|---|
| 1. | Your baby has one or more mild food allergy symptoms and you have not seen the symptom(s) in your baby before. | YES | NO |
| 2. | Shortly before the symptom(s) started your baby ate a new food or had a food they have only had a few times before. | YES | NO |
| 3. | It has been a few minutes but no more than 2 hours since your baby ate the food. | YES | NO |

## Severe Food Allergy Symptoms to Watch For

**IMPORTANT! If your baby has any of the severe symptoms listed below, call 911 or go to the emergency room right away. These symptoms can be a potentially life-threatening food allergy reaction.**

### Skin
Hives or rash covering large areas of the body

### Mouth or Face
Swelling of lips, tongue, eyes, or part of the face

### Throat
Trouble swallowing

### Lungs or Chest
Coughing repeatedly or wheezing; Shortness of breath or trouble breathing

### Gut
Continuous spitting up or vomiting; Severe diarrhea

### Other
Sudden sleepiness, difficult to wake; Weak pulse; Floppy or limp head, arms, or legs; Gray, pale, blue, or purple skin; Fainting (passing out)

**For more information about food allergy, including ways to help prevent food allergies before they start, visit FoodAllergyPrevention.org.**

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