Introducing Peanuts to Infants

1.) Begin feeding your infant peanuts only when he or she is healthy; do not do the feeding if he or she has a cold, vomiting, diarrhea, or other illness.

2.) Give the first two peanut feedings at home and not at a day care facility or restaurant and preferably during Rocky Hill Pediatrics’ office hours.

3.) Make sure at least one (1) adult will be able to focus all of his or her attention on the infant, without distractions from other children or household activities.

4.) Make sure that you will be able to spend at least two (2) hours with your infant after the feeding to watch for any signs of an allergic reaction.

5.) Offer your infant a small part of the peanut serving on the tip of a spoon.

6.) Wait 10 minutes.

7.) If there is no allergic reaction after this small taste, then slowly give the remainder of the peanut-containing food at the infant’s usual eating speed.

If your baby does well, you may feed them like any other baby food without directions above.

**Recipe:** Use store bought smooth peanut butter. Mix 1 teaspoon (5 ml) with hot water, pureed fruit or vegetable. Try to achieve a thick soup consistency or similar to “Stage 1” baby food. Goal is to feed two teaspoons (10 ml) of peanut butter three times a week.

Bamba, a peanut “puff” snack can also be used. Soften Bamba with 4 to 6 teaspoons water for younger children or feed as a dry snack when baby is tolerating “finger foods.”

*Remember un-thinned peanut butter and loose peanuts are choking hazards and are not appropriate for babies!*