

# 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!***