



How to introduce eggs, peanut butter, and tree nuts to babies



peanuts

Introduce peanuts first.

Start as early as 4 months of age, even if delaying introduction of other solids until 6 months of age.

- Follow the instructions here to thin out the peanut butter. Remember, un-thinned peanut butter is choking hazard!

- Consider offering your baby's first taste of peanut butter or egg before their 4- or 6-month well visit while parked at RHP, so you are nearby in case of a serious reaction.
- Otherwise, introduce allergens at home during daytime hours when you can watch your baby closely for at least 2 hours afterward.

Signs of a severe allergic reaction (anaphylaxis) can include:

- Trouble breathing, wheezing, or repetitive coughing
- Swelling of the lips, tongue, or face
- Vomiting repeatedly after eating the food
- Severe sleepiness, limpness, or pale/blue skin
- Hives or rash along with any breathing or vomiting symptoms

Call 911 immediately for any signs of a severe allergic reaction.

For mild symptoms only (such as a few hives or mild rash without breathing problems, swelling, or vomiting), you may give Children's Zyrtec 2.5 mL (for babies 4 months–1 year) and call RHP for guidance.

eggs

Introduce eggs second.

- Offer scrambled or hard-boiled eggs.
- Ensure they are well-cooked and mashed into tiny pieces.

- Mix 1 teaspoon of smooth peanut butter with hot water, breast milk or formula to achieve a thick soup consistency. You may also use a peanut "puff" snack, such as Bamba, that is softened with 4 to 6 tsp of water. Eggs should be well-cooked and mashed into tiny pieces.

- Offer your baby a small taste on the tip of a spoon.
- Wait 10 minutes. A dedicated adult should be able to focus all of their attention on the baby, without distractions from other children or household activities.
- If there is no allergic reaction after this small taste, then slowly give the remainder of the nut- or egg-containing food at your baby's usual eating speed.

- Continue to monitor for an additional 2 hours for any reaction.



tree nuts

Introduce tree nuts third.

- Use Nutella, almond butter, or other nut butters, thinned as per the instructions for peanut butter here. Remember, loose nuts and un-thinned nut butters are choking hazards!
- You may also crush nuts or use nut powder sold for babies (i.e. lil mixins).

- If your baby does well, you may feed them egg and nut butter like any other baby food.
- The goal is to feed 2 teaspoons each of nut butter and eggs three times a week to maintain tolerance.