National Peanut Board

Peanut Allergy Facts.org

HOW CAN FAMILIES INTRODUCE PEANUT PROTEIN TO INFANTS?

Here are 5 easy ideas for early introduction

1

Thin **2 tsp.** of peanut butter with **2-3 tsp.** hot water. Allow to cool before serving.

2

Blend **2 tsp.** of peanut butter into **2-3 Tbsp** foods like infant cereal, applesauce, yogurt (if already tolerating dairy), pureed chicken or tofu.

3

Stir in **2 tsp.** of powdered peanut butter into **2 Tbsp** previously tolerated pureed fruits or vegetables.

4

Introduce a peanut-containing teething food such as Bamba or Cheeky Monkey brand. Twenty-one pieces is the recommended serving of Bamba.

5

Older teething infants who are self-feeding, may enjoy homemade peanut butter teething biscuits (find the recipe at NationalPeanutBoard.org).

REMEMBER

Whole nuts should not be given to children under 5 years of age. Peanut butter directly from a spoon or in lumps/dollops should not be given to children less than 4 years of age.