

## HOW TO INTRODUCE PEANUT PRODUCTS INTO YOUR CHILD'S DIET

- About 2% of kids in the US have a peanut allergy.
- Peanut allergies can be scary because kids can have severe allergic reactions (anaphylaxis).
- These reactions require that you call 911 immediately.
- However, new research shows us that kids who eat peanut products **EARLIER** are **LESS** likely to develop a peanut allergy.

### WHEN SHOULD I INTRODUCE PEANUTS?


The best time to start introducing peanuts depends on your child's risk factors:

LOW RISK	MEDIUM RISK	HIGH RISK
No eczema No other food allergies	Mild to Moderate Eczema +/- other food allergy	Severe Eczema OR Egg allergy
You can start introducing peanut products at around <b>6 months of age!</b>	Talk to your doctor before introducing peanut products	<b>TALK TO YOUR DOCTOR</b> before introducing peanut products <b>Patient will likely need allergy testing</b> before they can try peanuts

### HOW DO I SAFELY INTRODUCE PEANUTS?



**AGE APPROPRIATE PEANUT PRODUCTS:**

Age	Product	Store
Children 6 months and older who are just starting to eat solid foods	<p>Mash and mix the following with milk or baby food:  <b>Bamba peanut butter puffs</b></p>  <p>Peanut flour/Peanut butter flour</p>	<p>Target            Amazon            Walmart            Trader Joe's</p>
Children 6 months and older who can safely eat solid food	<p><b>Peanut Butter</b>            Mix with food or serve by itself!</p>	<p>Any grocery store</p>
Children 4 years and older	<p><b>Peanuts</b>            Peanut snacks</p>	<p>Any grocery store</p>

**HOW DO I KNOW MY CHILD IS HAVING A SEVERE ALLERGY?**

If your child is allergic to a certain type of food, they may feel itchy, get a rash, or get an upset stomach. These symptoms will go away by themselves as long as they stay away from that food.

Some kids, however, develop a very serious reaction called **ANAPHYLAXIS**. Anaphylaxis can be deadly, so your child would need to be seen by a doctor **IMMEDIATELY**.

When introducing peanuts, look out for the following symptoms:

- Itchiness, hives, rash
- Sneezing, stuffy nose, runny nose
- Itching, swelling of lips or tongue
- Itching, tightness in throat, trouble swallowing, hoarseness
- Shortness of breath, cough, wheeze, chest pain, tight feeling
- Weak pulse, acting funny, drowsy and difficult to wake up, passed out
- Fussy and inconsolable
- Vomiting, diarrhea

**If your child suddenly develops any of these symptoms after trying peanuts, call 911.**