

PEANUT EARLY INTRODUCTION GUIDELINES FROM WWW.FOODALLERGY.ORG



Following publication of the LEAP study in 2015, the American Academy of Pediatrics endorsed early peanut introduction in infants at high risk for peanut allergy. In 2017, the National Institute of Allergy and Infectious Diseases (NIAID), part of the National Institutes of Health, published new guidelines for introducing peanut foods to infants. These recommendations vary depending on a baby's risk of developing peanut allergy, which can be evaluated by the baby's primary care physician or by an allergist/immunologist. Here's how your family can put these recommendations into practice:

Evaluate Your Baby's Peanut Allergy Risk

Your baby's physician can help you evaluate baby's risk factors for peanut allergy. Research shows that the benefits of introducing peanut early are greatest for babies at high risk for peanut allergy, but these high-risk babies also benefit from careful evaluation. Strongly consider peanut allergy testing if your baby is at high risk. A blood test or skin prick test can show whether your baby is sensitized to peanut, that is,

whether your baby makes allergy-related IgE antibodies that bind to peanut proteins. However, not all babies who are sensitized to peanut will have an allergic reaction if they eat peanut foods. If a blood tests or skin prick test indicates that your baby is allergic to peanut, work with your doctor to confirm the diagnosis and access specialist care. **Babies who are allergic to peanut should not be given peanut foods.**

Is your baby at risk of developing Food Allergies?

Your baby does not have eczema or an egg allergy

Babies who do not have eczema or an egg allergy are considered at LOW RISK for developing peanut allergy.

- Introduce age-appropriate peanut foods according to your family preferences and cultural practices

When to introduce age-appropriate peanut foods: At the same time as other solid foods. However, peanut food should not be introduced as baby's first solid food

Your baby has mild to moderate eczema

Babies with mild or moderate eczema are considered at MODERATE RISK for developing peanut allergy.

- Introduce age-appropriate peanut foods at home or in a doctor's office, depending on your preference and your doctor's preference
- **When to introduce age-appropriate peanut foods:** around 6 months
Babies with moderate eczema are considered at INCREASED RISK for developing egg allergy.
- A 2019 analysis found that early introduction of egg can significantly lower the risk of egg allergy in babies with moderate or severe eczema. Consult with your pediatrician or allergist about early egg introduction.

Your baby has severe eczema

Babies with severe eczema are considered at HIGH RISK for developing peanut allergy.

- Strongly consider a blood test or skin prick test that will help your doctor evaluate your baby's risk for peanut allergy.
- If test results show that your baby is very highly likely to react to peanut, seek specialist care if possible, and work with your doctor(s). Do not give peanut foods to a baby who has a peanut allergy.

- If test results show that your baby is moderately or highly likely to react to peanut, work with your doctor(s) on how to best introduce age-appropriate peanut foods under doctor's supervision.
- If baby is not likely to react to peanut, introduce age-appropriate peanut foods at home or in a doctor's office, depending on the preferences of you and your doctor(s).
- **When to introduce age-appropriate peanut foods working with your doctor: 4 to 6 months**
Babies with severe eczema are considered at INCREASED RISK for developing egg allergy.
- A 2019 analysis found that early introduction of egg can significantly lower the risk of egg allergy in babies with moderate or severe eczema. Consult with your pediatrician or allergist about early egg introduction.

Your baby has an egg allergy

Babies with an egg allergy are considered at HIGH RISK for developing peanut allergy.

- Strongly consider a blood test or skin prick test that will help your doctor evaluate your baby's risk for peanut allergy.
- If test results show that your baby is very highly likely to react to peanut, seek specialist care if possible, and work with your doctor(s). Do not give peanut foods to a baby who has a peanut allergy.
- If test results show that your baby is moderately or highly likely to react to peanut, work with your doctor(s) on how to best introduce age-appropriate peanut foods under doctor's supervision.
- If the baby is not likely to react to peanut, introduce age-appropriate peanut foods at home or in a doctor's office, depending on the preferences of you and your doctor(s).
- **When to introduce age-appropriate peanut foods working with your doctor: 4 to 6 months.**

FOR MORE IDEAS ABOUT HOW TO SAFELY INTRODUCE PEANUTS TO INFANTS VISIT

<https://www.babysfirst.org/introducing-peanut-foods-babies>