



5 EASY WAYS TO INTRODUCE PEANUT FOODS TO YOUR INFANT



1



MIX WITH WATER, FORMULA
OR BREAST MILK

2



MIX WITH FOOD



3

MIX WITH PRODUCE

4



PEANUT SNACKS

5



TEETHING BISCUITS



Remember:

The recommended way to introduce baby-friendly peanut foods depends on each child's individual risk factors. Depending on your child's risk, peanut foods should be introduced according to NIAID guidelines after they've already started other solid foods. 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. This content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your pediatrician.

preventpeanutallergies.org