

INTRODUCING Peanut Butter TO YOUR CHILD



Peanut-containing products are a nutrient-dense food that can be a safe and versatile food option to serve to small children. **Please consult with your health care professional before introducing peanut containing foods to your child.**

Age Recommendations

In infants with **“high risk”** (those with severe eczema and/or an egg allergy), the introduction of peanut-containing food should take place between 4 to 6 months.



In infants with **mild-to-moderate risk** (those with mild to moderate eczema), the introduction of peanut-containing food should take place around 6 months of age and in accordance with age-appropriate readiness, family preferences, and cultural practices.



In infants with **low risk** (no eczema nor any food allergies), the introduction of peanut-containing food should take place freely as deemed age-appropriate and in accordance with family preferences and cultural practices.



Recommended Amount of Dietary Peanut in Infants and into Childhood

FOR INFANTS DEEMED HIGH RISK FOR PEANUT ALLERGIES:

If the decision is made to introduce peanut proteins to an infant in the high risk population, the total amount to be regularly consumed per week should be approximately 6 to 7 grams over three or more feedings.

FOR INFANTS (AND CHILDREN) WITH A MODERATE TO LOW RISK FOR PEANUT ALLERGIES:

Peanut containing products may be enjoyed freely as part of their family's food preferences and cultural practices.

Safe and Healthy Ways to Offer Peanut Butter



PEANUT BUTTER APPLE SLICES

Apple slices thinly smeared with peanut butter.



PANCAKES

Pancakes thinly smeared with peanut butter.



PEANUT BUTTER AND BANANA SANDWICHES

Whole grain bread thinly smeared with peanut butter and topped with sliced bananas.



OATMEAL

Swirl peanut butter into oatmeal.



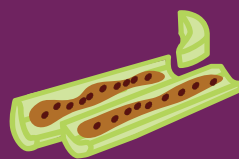
MUFFINS

Use peanut butter as a fat source in place of other more refined oils.



SMOOTHIES

Add peanut butter to smoothies.



ANTS ON A LOG

Celery sticks thinly smeared with peanut butter and lined with raisins.

