

# Guideline to Introduce Peanut Products at 4-6 Months of Age\*



**Inclusion Criteria:** Between 4-6 months of age

**Exclusion Criteria:** Prematurity (<37 weeks); Medical considerations that require delayed introduction or no oral food introduction

## Low Risk Infant

- No eczema
- No family history of peanut allergy

- Start peanut products at 4-6 months if solids have already been introduced
- Supervised feedings not needed
- If after introduction there is concern for an allergic reaction, refer to allergist for consultation

## Moderate Risk Infant

- Mild to Moderate eczema
- Family history of peanut allergy

- Start peanut products at 4-6 months of age after introduction of other solids
- IgE testing is not needed
- Supervised feeding may be needed at the discretion of the care giver/provider
- If after introduction there is concern for an allergic reaction, refer to allergist for consultation

## High Risk Infant

- Severe eczema\*\*
- Egg allergy\*\*\*

Negative IgE Testing for peanuts < 0.35 kU/L

- Start peanut products at 4-6 months old after introduction of other solids
- Supervised feeding in office based on caregiver/provider
- If after introduction there is concern for an allergic reaction, refer to allergist for consultation

Positive IgE Testing for peanuts > 0.35 kU/L

Refer to allergist for consultation

### How much peanut product to introduce?

- Start with about a 2 gram serving, which is 2 tsp of peanut butter mixed with 2-3 tsp of hot water, mix until well blended and then cool before feeding. Can add to infant cereal. Offer a small amount on a spoon, wait 10 minutes. If there is no reaction, finish the rest of the serving.

### How much peanut product do infants need to eat?

- The total amount of peanut protein per week should be 6-7 grams over 3 or more feedings

### Patient/Family Education

- Anticipatory Guidance appropriate for age

\*\*Severe eczema is defined as persistent or frequently recurring eczema with typical morphology and distribution assessed as severe by a health care provider and requiring frequent need for prescription strength topical corticosteroids, calcineurin inhibitors, or other anti-inflammatory agents despite appropriate use of emollients

\*\*\*Egg allergy is defined as a history of an allergic reaction to egg and a skin prick test (SPT) wheal diameter of 3 mm or greater with egg white extract, or a positive oral egg food challenge result

\* Based on Addendum Guidelines for the Prevention of Peanut Allergy in the United States Report of the NIAID-Sponsored Expert Panel

# Guideline to Introduce Allergenic Foods at 4-6 Months of Age\*



**Between 4-6 months of age, regardless of atopic or allergic history**

**Exclusion:** Prematurity, Medical conditions that require delayed introduction or no oral food introduction

**1st week:** Introduce baby rice, pureed fruits/vegetables\*\*

**2nd week:** Introduce cow's milk yogurt on 2 days of the week. (Do not give whole milk).\*\*

**3rd and 4th weeks:** Introduce peanut, hard-boiled egg, sesame, and white codfish, in random order, 2 new foods per week. Foods should be spaced apart and not given for the first time on the same day.\*\*

**5th week:** Introduce to wheat.\*\*

## How much should I give and how often?

• 2 g of each allergenic food protein twice each week (4 g of allergen protein per food per week)

## What was given in the EAT study as 4 g of allergenic food protein?

- Cow's milk: 2 small 40- to 60-g portions of cow's milk yogurt
- Peanut: 3 round teaspoons of peanut butter
- Egg: 1 small hard-boiled egg (<53 g)
- Sesame: 3 rounded teaspoons of sesame paste
- Fish: 25 g of whitefish
- Wheat: 2 wheat-based cereal biscuits (e.g., Weetabix)

\*\*If after any food introduction they develop symptoms of an allergic reaction (including but not limited to hives, lip/tongue swelling, facial flushing, vomiting, difficulty breathing), they should consult an allergist before proceeding with the algorithm

\*Based on the Enquiring About Tolerance (EAT) study. There is currently limited study evidence on how to best approach the introduction of allergenic foods besides peanuts.

## Patient/Family Education

- Anticipatory Guidance appropriate for age

## References

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