



# 5 EASY WAYS TO INTRODUCE PEANUT FOODS TO YOUR INFANT



[preventpeanutallergies.org](http://preventpeanutallergies.org)



## MIX WITH WATER, FORMULA OR BREAST MILK

Thin 2 tsp. of peanut butter with 2-3 tsp. hot water, formula or breast milk. Allow to cool before serving.



## MIX WITH PRODUCE

Stir 2 tsp. of powdered peanut butter into 2 Tbsp. of previously tolerated pureed fruits or vegetables.



## TEETHING BISCUITS

Teething infants who are older and self-feeding may enjoy homemade peanut butter teething biscuits. Find a recipe for teething biscuits at [nationalpeanutboard.org](http://nationalpeanutboard.org)



## MIX WITH FOOD

Blend 2 tsp. of peanut butter into 2-3 Tbsp. of foods like infant cereal, yogurt (if already tolerating dairy), pureed chicken or tofu.



## PEANUT SNACKS

Give your baby a peanut-containing teething food, such as peanut puffs.



### 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.