

HOW CAN



FAMILIES

INTRODUCE  
PEANUT PROTEIN  
TO INFANTS?



Here are 5 easy ideas for early introduction

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



3

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



2

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



4



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

5



Older teething infants who are self-feeding, may enjoy homemade peanut butter teething biscuits (find the recipe at [NationalPeanutBoard.org](http://NationalPeanutBoard.org)).

REMEMBER

The guidelines advise 2g of peanut protein at each meal or snack, three times per week. Depending on your child's risk, peanut foods should be introduced 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.