

## Prevention of Peanut Allergy:

A summary of recommendations from the National Institute of Allergy and Infectious Diseases (NIAID) Expert Panel

### INSTRUCTIONS FOR HOME FEEDING OF PEANUT PROTEIN FOR INFANTS

#### Introduction:

You should discuss any questions that you have with your doctor before starting. These instructions are meant for feeding infants who have severe eczema or egg allergy and were allergy tested (blood test, skin test, or both) with results that your doctor considers safe for you to introduce peanut protein at home (low risk of allergy).

#### General instructions for peanut protein feedings:

1. Feed your infant only when he or she is healthy; do not do the feeding if he or she has a cold, vomiting, diarrhea, or other illness.
2. Give the first peanut feeding at home and not at a day care facility or restaurant.
3. Make sure at least 1 adult will be able to focus all of his attention on the infant, without distractions from other children or household activities.
4. Make sure that you will be able to spend at least 2 hours with your infant after the **first** feeding to watch for any signs of an allergic reaction.

#### Feeding your infant:

1. Prepare a full portion of one of the peanut-containing foods from the recipe options below.
2. Offer your infant a small part of the peanut serving on the tip of a spoon.
3. Wait 10 minutes.
4. If there is no allergic reaction after this small taste, then slowly give the remainder of the peanut-containing food at the infant's usual eating speed.

#### What are the symptoms of an allergic reaction?

1. Mild: Hives around the mouth or face.
2. Severe: Face, lip, or tongue swelling, vomiting, widespread hives (welts) over the body, wheezing.

**If you have concerns about your infant's response to peanut, seek immediate medical attention/call 911.**

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Option 1: Thinned Smooth Peanut Butter	Option 2: Smooth Peanut Butter Puree	Option 3: Peanut Butter Flour or Powder	Option 4: Bamba (Osem, Isreal)
<ol style="list-style-type: none"> <li>1. Measure 2 teaspoons of peanut butter and slowly add 2 to 3 teaspoons of hot water.</li> <li>2. Stir until peanut butter is dissolved, thinned, and well blended.</li> <li>3. Let cool.</li> <li>4. Increase water amount if necessary (or add previously tolerated infant cereal) to achieve consistency comfortable for the infant.</li> </ol>	<ol style="list-style-type: none"> <li>1. Measure 2 teaspoons of peanut butter.</li> <li>2. Add 2 to 3 tablespoons of pureed tolerated fruit or vegetables to peanut butter. You can increase or reduce the volume of puree to achieve desired consistency.</li> </ol>	<ol style="list-style-type: none"> <li>1. Measure 2 teaspoons of peanut flour or peanut butter powder.</li> <li>2. Add approximately 2 tablespoons of pureed or tolerated fruit or vegetables to flour or powder. You can increase or reduce the volume of puree to achieve desired consistency.</li> </ol>	<p>(Note: Bamba is named because it was the product used in the LEAP trial and therefore has known peanut protein content and proven efficacy and safety. Other peanut puffs products with similar peanut protein can be substituted for Bamba.)</p> <p><u>21 pieces (2/3 of 1 oz of the bag)</u></p> <ol style="list-style-type: none"> <li>1. For infants less than 7 months of age, soften the Bamba with 4 to 6 teaspoons of water.</li> <li>2. For older infants who can manage dissolvable textures, unmodified Bamba can be fed. If dissolvable textures are not yet a part of the infant's diet, softened Bamba should be provided.</li> </ol>