



Instructions for Home Feeding of Peanut Protein for Infants at Low Risk Of an Allergic Reaction to Peanut

General Instructions:

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 or her 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 hour with your infant after the feeding to watch for any sign of an allergic reaction.

Feeding your Infant

1. Prepare a full portion of one of the peanut-containing food from the recipe options on page 2.
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 symptoms of an allergic reaction? What should I look for?

1. Mild symptoms can include:
 - a. A new rash or
 - b. A few hives around the mouth or face
2. More severe symptoms can include any of the following alone or in combination:
 - a. Lip swelling
 - b. Vomiting
 - c. Widespread hives (welts) over the body
 - d. Face or tongue swelling
 - e. Any difficulty breathing
 - f. Wheeze
 - g. Repetitive coughing
 - h. Change in skin color (pale or blue)
 - i. Sudden tiredness/seeming limp
3. If you have any questions about your infant's response to peanut, seek immediate medical attention/call 911.

Four Recipe Options (each containing approximately 2 g of peanut protein)

1. **Bamba** (Osem, Israel), 21 pieces (approximately 2 g of peanut protein)
 - a. For infants less than 7 months of age, soften the Bamba with 4 to 6 teaspoons of water.
 - b. For older infants who can manage dissolvable textures, unmodified Bamba can be fed.
2. **Thinned smooth peanut butter**, 2 teaspoons
 - a. Measure 2 teaspoons of peanut butter and slowly add 2 to 3 teaspoons of hot water.
 - b. Stir until peanut butter is dissolved, thinned, and well blended.
 - c. Let cool.
 - d. Increase water amount if necessary (or add previously tolerated infant cereal) to achieve consistency comfortable for the infant.
3. **Smooth peanut butter puree**, 2 teaspoons
 - a. Measure 2 teaspoons of peanut butter.
 - b. Add 2 to 3 teaspoons of pureed tolerated fruit or vegetables to peanut butter. You can increase or reduce volume of puree to achieve desired consistency.
4. **Peanut flour and peanut butter powder**, 2 teaspoons
 - a. Measure 2 teaspoons of peanut flour or peanut butter powder.
 - b. Add approximately 2 tablespoons (6-7 teaspoons) of pureed tolerated fruit or vegetable to flour or powder. You can increase or reduce volume of puree to achieve desired consistency.

Reference: J Allergy Clin Immunol 2017; 139(1)