

Peanut-allergy prevention in infants

For many years, national guidelines recommended avoiding eating peanuts during pregnancy, lactation and infancy. However, new research has shown that exposing infants to peanuts early on may reduce the development of peanut allergy.



Updated guidelines

Infants with severe eczema and/or egg allergy:

Schedule an in-office medical evaluation with an IgE test, a skin-prick test, or both; with physician approval, introduce age-appropriate peanut-containing food as early as 4 to 6 months of age.

Infants with mild to moderate eczema:

Introduce age-appropriate peanut-containing food around 6 months of age at home without an in-office evaluation.

Infants without eczema or any food allergy:

Freely introduce peanut-containing foods alongside solid foods.



Signs & symptoms

Most peanut reactions in infants manifest within seconds to minutes of ingestion and many occur on first exposure. Initial signs and symptoms may include:

- Severe oral itching
- Lip and eyelid swelling
- Skin flushing
- Hives
- Coughing
- Difficulty breathing
- Restlessness
- A pale appearance
- Vomiting

1-2% of children and adolescents are allergic to peanuts

Consult your child's doctor

The updated guidelines provide specific recommendations depending on the child's risk of developing peanut allergy. Talk to a medical professional about the right approach for your child, and if safe, ways to incorporate peanut into his/her diet.

