

86% of peanut allergies can be prevented.

The prevention window is short and closes early.
Take action when your baby is 4-6 months of age, as recommended.

- Introducing peanut foods to your baby early and often can help prevent peanut allergies and the physical, emotional, social, and financial challenges they bring. It is safe, easy, and recommended by the American Academy of Pediatrics.
- Start when your baby is 4-6 months old, based on their risk factors and after they have started other solid foods. Consider your family's preferences and cultural practices when introducing new foods.
- If your baby has severe eczema, an egg allergy or both, consult your healthcare provider first.
- Early and often is key. Feeding baby-safe peanut-containing foods 2 to 3 times per week is ideal for risk reduction.

What the evidence shows:

The Learning Early About Peanut Allergy (LEAP) Study in 2015, followed by LEAP-ON (2016) and LEAP-Trio (2024), have demonstrated that early peanut introduction can reduce the risk of peanut allergy by up to 86% and provide protection from a peanut allergy into adolescence.



For more on ways to introduce peanut foods, see other side.

Visit PreventPeanutAllergies.org

5

easy ways to introduce peanut foods to an infant.

The evidence is clear: feeding your baby peanut-containing foods early and often — at least 2-3 times per week — may help prevent a peanut allergy.

1

Mix with breast milk, water or formula

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



2

Mix with food

Blend 2 teaspoons of peanut butter into 2-3 tablespoons of food like infant cereal, yogurt (if already eating dairy), pureed chicken or tofu.

3

Mix with produce

Stir 2 teaspoons of powdered peanut butter into 2 tablespoons of pureed fruits or vegetables that your baby already eats.



4

Peanut snacks

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

5

Teething Biscuits

Teething infants who are older and self-feeding may enjoy homemade peanut butter teething biscuits. Find a recipe for teething biscuits at PreventPeanutAllergies.org.



Safety first: Do not give whole nuts to children under 5 years of age or peanut butter directly from a spoon or in lumps/dollops to children under 4 years of age.

Visit PreventPeanutAllergies.org
for more tips and resources.