

What Type of Peanut-Containing Foods Should Parents Give to Infants?

- Is the baby ready to eat solid foods? This is the first consideration. They should already be eating other solid food before introducing any peanut-containing foods.
- Never give an infant whole peanuts or chunks. The baby could choke.
- There are several types of food to use to offer 2 grams of peanut protein per feeding:
 - 1. Peanut containing puffs or sticks:**
 - 21 sticks = ~2 g of peanut protein
 - Infants < 7 months of age: soften with 4-6 teaspoons of water
 - Older infants can eat unmodified but can also soften, if desired
 - 2. Thinned smooth peanut butter:**
 - Measure 2 teaspoons of peanut butter and slowly add 2-3 teaspoons hot water
 - Stir until dissolved and well blended
 - Let cool
 - Increase water amount if necessary. Or, add to their regular infant cereal to achieve consistency comfortable for the baby
 - 3. Smooth peanut butter puree:**
 - Measure 2 teaspoons peanut butter
 - Add 2-3 tablespoons of pureed tolerated fruit or vegetables to peanut butter
 - Adjust volume of puree to achieve desired consistency
 - 4. Peanut flour and peanut butter powder:**
 - Measure 1 teaspoon of either produce (both interchangeable)
 - Add 2 tablespoons of pureed tolerated fruit or vegetable to flour or powder
 - Volume of puree can be adjusted to achieve desired consistency