

Dietetics

LEAP: Information for parents for introduction of peanut at home

LEAP (Learning Early About Peanut allergy - www.leapstudy.co.uk) was a clinical trial investigating how best to prevent peanut allergy in young children who were at risk of peanut allergy as they had severe eczema, egg allergy, or both. The trial involved 640 children aged 4 to 11 months and they were randomised to either consume or avoid peanut until aged 5. The consumption group had peanut-containing foods at least 3 times a week and the avoidance group avoided peanut-containing foods. A comparison was then made, by oral food challenge of peanut allergy between the two groups.

Results

The results of the trial were announced in 2015. Of the children who avoided peanut, 17% developed peanut allergy by the age of 5 years. Only 3% of the children who were eating the peanut snack developed allergy by age 5.

The results of the study therefore demonstrated that consumption of a peanut-containing snack by infants who are at high risk for developing peanut allergy prevents the subsequent development of allergy.

Your child has been reviewed by an Allergy Consultant/Allergy Nurse and we have advised that you introduce peanut to your child at home and have explained to you the benefits of doing so.



Patient Information

Important notes on including peanuts regularly in your child's diet

Initially we recommend that you try a small scrape of peanut butter. If there is no reaction, try a larger scrape the following day.

We then highly recommend you **continue** to give peanut to your child regularly:

Give one teaspoon of peanut butter twice a week.

Whole peanuts should not be given to children under five due to the risk of choking.

Examples of other peanut containing foods

- Smooth peanut butter mixed with milk or mashed potato or pureed fruit.
- Bamba snack (Osem) available at Amazon, Sainsbury's, and Waitrose online. (For young infants over 7 months, soften with 20-30mls water or milk or mixed with mashed potato or pureed fruits or vegetables).
- Finely ground peanuts mixed into other foods such as yoghurt.
- Peanut soup.

Further Information

If you have any more questions or would like further information, please contact the Paediatric Allergy Nurse Specialists via email at Childrensallergy@uhcw.nhs.uk

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6948 and we will do our best to meet your needs.

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