

## Paediatrics

# Introducing Nuts into the diet at home

This leaflet informs parents/carers on how to introduce nuts at home after having a negative skin prick test.

Your allergy doctor or specialist nurse will advise when it is the right time to try nuts at home. Please only introduce the specific nuts recommended to you.

Make sure you:

1. Introduce only one type of nut into your child's diet at a time.
2. Choose a day when you are with your child so you can observe them for at least four hours.
3. Your child must be well i.e. free from coughs, colds, sore throat or high temperature.
4. Make sure you have their rescue medication available in case it is needed – antihistamine, adrenaline auto-injector and inhaler if prescribed.

## Whole nut Introduction (for children between 5-16 years)

**Whole nuts pose a choking hazard and should not be given to children under the age of 5 years.**

**Please see overleaf on how to introduce nuts to younger children.**



## Patient Information

Step	Procedure
1	Cut the nut in half. Touch the inside of the lip with one half of the nut – wait 10 minutes
2	1/8 <sup>th</sup> (1 part in 8 equal parts) of a nut to be eaten – wait 15 minutes
3	¼ (1 quarter) of a nut to be eaten – wait 15 minutes
4	½ (half) of a nut to be eaten – wait 15 minutes
5	1 whole nut to be eaten – wait 15 minutes
6	2 whole nuts to be eaten – wait 15 minutes
7	4 whole nuts to be eaten – continue to observe for an hour

## Nut Butter Introduction (for children 6 months to 5 years)

Step	Procedure
1	Rub a tiny amount of nut butter to inside lip. wait 10 minutes
2	1/20 <sup>th</sup> flat teaspoon of nut butter to be eaten – wait 15 minutes (please see image below)
3	1/5 <sup>th</sup> flat teaspoon nut butter to be eaten – wait 15 minutes (please see image below)
4	½ of a flat teaspoon nut butter to be eaten (please see image below)
5	1 flat teaspoon nut butter to be eaten (please see image below)
6	2 teaspoons nut butter to be eaten – observe for an hour

Please see images on next page for measuring nut butter.

# Patient Information

**1/20<sup>th</sup> teaspoon**



**1/5<sup>th</sup> teaspoon**



**Half a teaspoon**



## Patient Information

### One teaspoon



If you cannot buy the nut butter you require then you could make your own.

#### **You will need:**

300g of the required nut (shelled and unsalted)

½ teaspoon of salt (optional)

1-2 teaspoons of honey/ golden syrup (optional)

1-3 teaspoons of vegetable oil if needed

1. Heat the oven to 180 degrees centigrade
2. Place the nuts on a baking sheet and roast for 3 minutes, shake the tray and then roast for a further 3-5 minutes.
3. Once the nuts are cool enough to handle, place the nuts in a food processor and process until the nuts are shiny and smooth.
4. Add the salt and honey/golden syrup and mix. If it is too thick, add a teaspoon of oil until you are happy with it.
5. Transfer the nut butter to a lidded container and keep in the fridge for up to a month. If the nut butter separates use a spoon to stir it until it is well blended again.

If introduction is successful, please continue to give the nuts at least twice a week. It is important that you continue giving the nuts regularly as not giving may result in your child developing an allergy. You can mix them into everyday foods such as porridge, cereals, yogurt or any savoury dish or sweet pudding.

## Patient Information

What do I do if there is a reaction?

- If any symptoms occur, do not give any further doses.
- Mild/moderate symptoms can be treated with antihistamines such as rash, vomiting, eye and lip swelling.
- It is unlikely that your child will have a severe allergic reaction. If there is a sudden onset in difficulty in breathing, constant coughing, hoarse voice or tongue swelling, administer your adrenaline auto-injector if it has been prescribed and call '999' and say 'anaphylaxis'.
- Please contact the allergy team to report any reactions.  
[childrensallergy@uhcw.nhs.uk](mailto:childrensallergy@uhcw.nhs.uk)

Our secretary Nina can be contacted on 01788 663189

Allergy specialist nurses are Louise Bashford, Sarah Pitts and Kate Weller.

Paediatric allergy consultants are Dr Colin Macdougall and Dr Jose Costa.

Thank you to Gillian Ashton who is a paediatric dietician at Sandwell and West Birmingham NHS Trust for giving us permission to base this guideline on her information.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 01788 663189 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

### Document History

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