

## 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 your child.

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 4 hours.
3. Your child must be well - free from coughs, colds, sore throat or high temperature.
4. Make sure you have their rescue medication available in case it's needed – antihistamine, adrenaline auto-injector, and inhaler if prescribed.



## Patient Information

### Whole nut introduction - for children between 5 to 16 years

Whole nuts pose a choking hazard. Do not give whole nuts to children under the age of 5 years.

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	1/4 (1 quarter) of a nut to be eaten. Wait 15 minutes.
4	1/2 (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

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



# Patient Information

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



**Half a teaspoon**



**One teaspoon**



## Patient Information

### **Nut butter recipe**

If you cannot buy the nut butter you need, you could make your own.

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

300g of the required nut, shelled and unsalted

1-3 teaspoons of vegetable oil, as needed

½ teaspoon of salt (optional)

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

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

If introduction is successful, please continue to give the nuts at least twice a week. Continue giving the nuts regularly. Not doing so may result in your child developing an allergy.

You can mix nuts into everyday foods such as porridge, cereals, yogurt or any savoury dish or sweet pudding.

## Patient Information

### **If there is a reaction**

If any symptoms occur, do not give any further doses.

Mild to moderate symptoms can be treated with antihistamines such as rash, vomiting, eye and lip swelling.

Please contact the allergy team at [childrensallergy@uhcw.nhs.uk](mailto:childrensallergy@uhcw.nhs.uk) to report any reactions.

### **Severe allergic reaction**

It's unlikely that your child will have a severe allergic reaction.

If there is a sudden onset in difficulty of breathing, constant coughing, hoarse voice or tongue swelling, administer your adrenaline auto-injector if it has been prescribed and call '999' and say 'anaphylaxis'.

### **Contact details**

Our secretary Nina can be contacted on 01788 663 189.

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

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 01788 663 189. We will do our best to meet your needs.

The Trust operates a smoke free policy.

## Patient Information

### Did we get it right?

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#### Document History

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