

Paediatrics

LEAP - Introducing peanut at home

The LEAP (Learning Early About Peanut allergy) study (www.leapstudy.co.uk) was a clinical trial that looked at how to prevent peanut allergy in young children who were at higher risk of developing it. Children were considered **at risk** if they had severe eczema, an egg allergy, or both.

The study involved 640 children aged 4 to 11 months, who were split into 2 groups:

- Peanut consumption group: These children ate peanut-containing foods at least 3 times a week
- Peanut avoidance group: These children avoided peanut-containing foods completely.

The children continued in their assigned groups until the age of 5. At this point, an oral food challenge was used to check for peanut allergy in both groups.

LEAP study results

The results of the LEAP study were published in 2015. They showed that introducing peanut to children at an early age can reduce the chance of them developing a peanut allergy.

- Out of 640 children, 76 children who avoided peanut developed a peanut allergy by the age of 5.
- In comparison, Only 19 children who regularly ate peanut developed a peanut allergy by the age 5.

The results clearly showed that giving young children at high risk of peanut allergy a peanut-containing snack helps prevent them from developing an allergy later on.



Introducing peanut at home

Your child has been reviewed by an allergy consultant or allergy nurse. We have advised you to introduce peanut into your child's diet at home. We have also explained the benefits of doing so, based on the LEAP study findings.

If you have any questions or concerns, please contact the Allergy Team via the contact details provided.

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

1. Start slowly:
 - Begin with a small scrape of peanut butter.
 - If there is no reaction, try a larger amount the next day.
2. Maintain regular intake:
 - Once peanut butter is tolerated, it's important to keep it in your child's diet.
 - Give 1 teaspoon of peanut butter twice a week to maintain tolerance.
3. Choking risk:
 - Do not give whole peanuts to children under 5 due to the risk of choking.

These guidelines are designed to help your child maintain tolerance to peanuts and reduce the risk of developing a peanut allergy.

Examples of other peanut containing foods

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

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