

Paediatric

Peanut Allergy - Post challenge information (Children)

**For parents of children who have successfully completed a
peanut day care challenge**

Childs name.....

Nut or Nuts your child is allergic to (continue to **avoid** these)

.....

Nut or nuts eaten today (these can now be **included** in the diet)

.....

- Your child has **successfully** completed a food challenge today for peanut.
- This means that your child does **not** have an allergy to peanut.
- We **strongly** recommend that you now include peanut regularly in your child's diet.

Important notes on nut reintroduction after a successful food challenge

- We recommend you continue to give peanuts regularly (at least twice per week), starting the day after the challenge.



Patient Information

- Do not give whole peanuts to children under 5 due to the risk of choking.

If your child has an allergy to 1 or more other nuts (such as almond, brazil, cashew, hazelnut, pecan, pistachio or walnut) please follow this advice:

- Only give peanut in a **home** environment where you can be sure of the correct nut.
- Check the ingredients of peanut-containing foods to make sure they do not contain other nuts.
- Avoid giving peanuts from a bag of mixed nuts as there is a risk of cross contamination.

If your child shows any symptoms after eating peanut (although this is unlikely), stop giving it and contact the allergy team by email at:

childrensallergy@uhcw.nhs.uk.

You may also find it helpful to read the leaflet, '**Caring for your child at home after a challenge.**' Please ask staff for a copy of this patient information leaflet.

How to introduce peanuts after a successful peanut challenge

The following ideas will help to make sure your child continues to eat peanut regularly.

- Use a biscuit or cake recipe that includes a 'dose' of peanut butter, ground peanut or peanut flour (see suggested biscuit recipe below).
- Grind peanuts using a coffee grinder, blender or finely grate them on a cheese grater. Add them to everyday foods such as mashed potato, gravy, cheese sauce, crumble topping or Weetabix/porridge
- Look for foods that contain peanut (check ingredients carefully if your child has an allergy to a different type of nut). Examples include:
 - Peanut butter spread on bread, crackers or bread sticks.
 - Peanut-flavoured cereals like Crunchy nut cornflakes or cereal bars with peanut, such as tracker or crunchy nut bars.

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- Peanut flavoured ice-creams, such as Ben and Jerry's peanut butter cup, Waitrose land of peanut, Cornetto peanut butter love, and Snickers ice cream bars.
- Chocolate covered peanuts, revels or Snickers bars.
- Hershey's, Reese's peanut butter cups and Reese's sticks.
- Satay Sauce, such as the one used for satay chicken sticks.
- Bamba snack, which are available from Sainsbury's, Waitrose and Amazon.

These ideas will help ensure your child continues to eat peanut regularly as recommended.

Peanut biscuit recipe

Ingredients

- 6 ground peanuts or 1 teaspoon of peanut butter
- 2 teaspoons of caster sugar
- 1 dessert spoon of self-raising flour (or ½ self-raising flour and ½ cocoa powder if preferred)
- 1 flat teaspoon of margarine
- 2 teaspoons of water

Instructions

1. Rub the margarine (and peanut butter, if using) into the flour or flour/cocoa mix.
2. Add the caster sugar and ground peanuts (if using) and mix together.
3. Add the water slowly and mix everything into a dough ball.
4. Flatten the dough onto a baking tray.
5. Bake at 190°C for 10 to 12 minutes.

Information adapted from documents produced by Leicester Royal Infirmary Children's Allergy service.

Patient Information

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