

## Children's Outpatient Department

# Allergy: Post Challenge Information for Parents of Children Who Have Successfully Completed a Day Care Challenge for Peanut

Child's name.....

Nut or Nuts 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
- You are **strongly** advised to include it regularly in your child's diet

## Important notes on nut reintroduction following a successful food challenge

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



## Patient Information

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

If your child has an allergy to one or more other nuts (such as almond, brazil, cashew, hazelnut, pecan, pistachio or walnut) the following advice applies:

- Only give peanut in a **home** environment where you can be sure of the correct nut
- Continue to check the ingredients of the peanut foods you are giving in case it contains other nuts
- Avoid eating peanuts from a bag of mixed nuts because of the risk of cross contamination

If you feel your child is getting symptoms when given peanut (although this is unlikely), stop giving them and contact the allergy team via email: [childrensallergy@uhcw.nhs.uk](mailto:childrensallergy@uhcw.nhs.uk).

See also the document '**Caring for your child at home after a challenge.**'

Ask staff for a copy of this patient information leaflet.

## How to introduce peanuts following a successful peanut challenge

The following ideas can be used in order to ensure 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 the peanut using a coffee grinder/blender or finely grate on a cheese grater, and add to everyday foods such as mashed potato, gravy/cheese sauce, crumble topping, Weetabix/porridge
- Look for foods that contain peanut (See notes above if your child has a nut allergy to a different nut), for example:
- Peanut butter, spread on bread, crackers, bread sticks

## Patient Information

- Crunchy nut cornflakes, peanut cereal bars, such as tracker, crunchy nut.
- Peanut ice-cream, for example Ben and Jerry's peanut butter cup, Waitrose land of peanut, Cornetto peanut butter love, and Snickers ice cream bars.
- Chocolate covered peanuts, revels, Snickers.
- Hershey's, Reese's peanut butter cups and Reese's sticks.
- Satay Sauce, such as on satay chicken sticks
- Bamba snack, which are available at Sainsbury's, Waitrose and Amazon

### **Peanut biscuit recipe**

- 6 ground peanuts or 1 teaspoon peanut butter
  - 2 teaspoons caster sugar
  - 1 dessert spoon self-raising flour (or ½ with cocoa powder)
  - 1 flat teaspoon margarine
  - 2 teaspoons of water
1. Rub margarine (and peanut butter) into flour/cocoa.
  2. Add other ingredients and mix to a ball with water.
  3. Squash flat onto a baking tray, bake for 10 to 12 minutes at 190C

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

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