EARLY INTRODUCTION

for Pregnancy & Babies

Early Introduction of Peanuts Can Reduce the Risk of Allergy

IMPORTANCE OF A DIVERSE DIET

Pregnant and **breastfeeding** women should eat a diverse diet unless medically advised otherwise. In fact, **babies** should be fed infant-safe allergenic foods around the age of six months to help reduce the risk of food allergies.

IDEAL WINDOW

BETWEEN 4-6 MONTHS OLD

Introducing peanuts at an early age can **reduce the risk** of developing a peanut allergy by up to **86%**

METHODS TO INTRODUCE PEANUTS

MIX **2** tsp.

into

Hot water, formula, or breastmilk

Puréed fruits and vegetables

Infant cereal/ yogurt

Scan me for recipes and more info on early introduction!

For more information visit:
AboutPeanuts.com
NationalPeanutBoard.org
Peanut-Institute.com

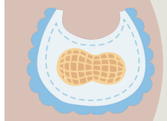
NORTH CAROLINA PEANUTS
NUTRITIOUS & FLAVORFUL

Peanuts and Healthy B24 Childhood Development

The earliest years of a child's life are not just the most *magical* but also the most **crucial** when it comes to their nutrition.

BIRTH - 24 MONTHS

The Dietary Guidelines for Americans 2020-2025 reports that from birth through 24 months, children gain **4-6 lbs.** and grow **2-3 inches** per year. It is **VITAL** to power this growth in a **nutritious** way.



BENEFITS OF PEANUTS

Peanuts are an important source of iron, zinc, protein, choline, and long chain polyunsaturated fatty acids, all of which aid in healthy development.

THE 3 LEVELS OF NUTRITIONAL SUPPORT

Promote Healthy Brain & Body Development

Peanuts contain a diverse range of vitamins and minerals:

Polyunsaturated fats aid in brain development.

Copper also promotes concentration and aids in the production of neurons.

FOCUS

Choline promotes concentration and helps build neurotransmitters in the brain.

Arginine encourages healthy growth. Peanuts have more arginine than just about any other food!

Promote Healthy Eating Habits

Pairing vegetables with preferred tastes like peanut butter can increase vegetable consumption in children.

Protect Against Health Issues

Eating peanuts and peanut butter regularly is associated with:

Better Weight Management

Heart Health

Lower Diabetes Risk