# Study shows early introduction of smooth peanut butter reduces risk of peanut allergies in children



Researchers at King’s College London have found that introducing smooth peanut butter to infants from four months of age and continuing until the age of five can significantly reduce the risk of developing peanut allergies. The study observed that children who followed this regimen were 71% less likely to develop peanut allergies by their teenage years compared to those who avoided peanuts.

The research, published in NEJM Evidence, involved 640 children who were considered at high risk for peanut allergies. Half of these children were given peanut-inclusive diets while the other half avoided peanuts completely. The findings showed that early exposure to peanuts provided long-lasting protection, regardless of whether the children continued to consume peanuts after the age of five.

The UK's National Health Service (NHS) currently advises parents to introduce smooth peanut butter to children from six months old, but the study suggests that starting at four months could be more beneficial. The study was funded by the US National Institute of Allergy and Infectious Diseases, which advocates introducing peanut products as early as four months to provide lasting allergy protection.

The researchers hope that this simple dietary intervention could prevent around 100,000 new cases of peanut allergies globally each year.