

Mayo Clinic News Network

Title: New peanut guidelines for kids

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Video	Audio
Total running time [1:00]	/// VIDEO
Dennis Douda speaking	Peanut butter, packed with calories, vitamins, antioxidants and protein seemed to go from nutritional hero to villain for many, because of the threat of allergic reactions.
Dr. Martha Hartz speaking	“They’re scary, because it’s the most common cause of fatal food anaphylaxis.”
Dennis Douda speaking	However, Mayo Clinic’s Chair of Pediatric Allergy and Immunology, Dr. Martha Hartz, says embracing the peanut again may keep millions from ever becoming allergic - beginning in infancy.
Dr. Martha Hartz speaking	“The guidelines made a smart move in saying four to six months. Most children go to their primary care provider at four months of age and six months of age for well-child checks.”
Dennis Douda speaking	Detailed guidance for doctors recommends screening high-risk infants, like those with eczema, with a serum blood test. Parents are offered recipes for safely introducing peanuts to young diets. Because of the choking risk Dr. Hartz says never give whole peanuts to children under five.
Dr. Martha Hartz speaking	“And even dollops of peanut butter can be a choking hazard to children under four.”
Dennis Douda speaking	For the Mayo Clinic Minute, I’m Dennis Douda

Anchor tag: Dr. Hartz says if your child tests positive for a peanut allergy, ask for a referral to see an allergist. She says she is hopeful the revised guidelines will lead to a dramatic reduction in peanut allergies within a few years.