

## Mayo Clinic Minute

### Does giving peanuts to babies reduce allergy risk?

<b>Video</b>	<b>Audio</b>
<b>Vivien Williams</b>	Peanut products have long been a no-no for babies, especially those at high risk of peanut allergies.
<b>Vivien Williams</b>	Dr. Gerald Volcheck says the LEAP study has changed recommendations for when peanut products should be introduced into babies' diets. After evaluation and testing, the babies were divided into two groups.
<b>Gerald Volcheck</b> <b>Allergic Diseases</b> <b>Mayo Clinic</b>	"One group was exposed to peanuts, starting at a very early age, between 4 and 11 months, and continued up to age 5. And then the other group completely avoided the peanut until age 5. And they found the likelihood of peanut allergy was much, much lower in the group that ate peanut from infancy to age 5 on a regular basis."
<b>Vivien Williams</b>	The group that avoided peanuts had a higher incidence of peanut allergy.
<b>Gerald Volcheck</b>	"We think it has to do with kind of a desensitization process."
<b>Vivien Williams</b>	Parents should talk to their health care providers before giving peanut products to young children. And never give whole nuts to kids under 4 years old. For the Mayo Clinic News Network, I'm Vivien Williams.