



News Articles, FDA Update, Allergy/Immunology, Nutrition

FDA allows qualified health claim on benefits of early peanut introduction

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A 2015 landmark clinical trial funded by the National Institutes of Health (NIH) (<http://www.nejm.org/doi/full/10.1056/NEJMoa1414850>) found that introducing peanut-containing food products as early as 4 months of age to babies with severe eczema and/or egg allergy reduced their risk of developing peanut allergy in childhood by about 80%.

The finding led an NIH-assembled panel to recommend in January 2017 that parents of infants with severe eczema and/or egg allergy introduce peanut-containing foods into their child's diet as early as 4 to 6 months of age. The *2017 Addendum Guidelines for the Prevention of Peanut Allergy in the United States* (<http://bit.ly/2iRKgIY>) also advise parents to check first with their infant's health care provider to determine whether an allergy test is needed and whether feeding peanut protein should be done under a doctor's supervision.

After reviewing the scientific evidence, the Food and Drug Administration (FDA) decided in September to allow a qualified health claim that complements the new guidelines. The new advice soon may be found on the labels of some foods containing ground peanuts that are safe for infant consumption.

The FDA-approved labeling claim reads as follows:

- For most infants with severe eczema and/or egg allergy who are already eating solid foods, introducing foods containing ground peanuts between 4 and 10 months of age and continuing consumption may reduce the risk of developing peanut allergy by 5 years of age. FDA has determined, however, that the evidence supporting this claim is limited to one study.
- If your infant has severe eczema and/or egg allergy, check with your infant's health care provider before feeding foods containing ground peanuts.

Resources

- [Information on the NIH-funded study on early introduction to peanut](#)
- ["FDA Acknowledges Qualified Health Claim Linking Early Peanut Introduction and Reduced Risk of Peanut Allergy"](#)
- [Q&A on qualified health claims in food labeling](#)
- [Additional AAP News FDA Update columns](#)