

peanut butter for babies

*Most babies should
start eating peanut butter
around 6 months of age.*

**Make it safe for your baby
by thinning it with a fruit
or vegetable puree:**

- In a small bowl, stir 2 to 3 tablespoons of fruit or vegetable puree with 2 teaspoons of creamy peanut butter.
- Make sure there are no sticky clumps.



**Eating peanut butter
early on may *help reduce*
your baby's risk for a food
allergy to peanuts!**

**If your baby was born early or has difficulty swallowing, severe eczema, a food allergy or family history of food allergies, talk to your health care provider before offering peanut butter.*

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