

OHSU Allergy and Immunology

LEAP: Learning Early About Peanut Allergy

LEAP is a program designed to help prevent peanut allergy in infants who are at high risk for developing it. The LEAP program involves introducing peanut-containing foods to infants starting at around 4-6 months of age and continuing to feed them regularly.

Peanut allergy is a type of food allergy that can cause serious allergic reactions. If someone with a peanut allergy eats peanuts or foods containing peanuts, their immune system can overreact and cause symptoms such as hives, vomiting, difficulty breathing, and even anaphylaxis (a severe and life-threatening allergic reaction).

Who is at high risk for peanut allergy?

- Infants who have moderate-to-severe eczema, egg allergy, or both are considered to be at high risk for developing peanut allergy.

Why is early introduction of peanuts important?

- Studies have shown that early introduction of peanut-containing foods can help reduce the risk of developing peanut allergy in infants who are at high risk. In fact, the LEAP study found that introducing peanuts early (between 4-11 months of age) reduced the risk of peanut allergy by 86%.

How can I reduce my child's risk of developing peanut allergy?

- If your child is at high risk for peanut allergy, talk to your doctor about early food introduction. Early exposure and routine consumption at least 3 times per week reduces the risk of subsequently developing peanut allergies.

Remember, if your child has already been diagnosed with peanut allergy, it is important to continue to avoid peanuts and peanut-containing foods.

Sources:

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2. Identifying Causes of Food Allergy & Assessing Strategies for Prevention.(2018). National Institute of Allergy and Infectious Diseases. Retrieved from <https://www.niaid.nih.gov/diseases-conditions/food-allergy-causes-prevention>
3. New dietary guidelines adress infants, support healthy dietary patterns. (2021). American Academy of Pediatrics. Retrieved from <https://publications.aap.org/aapnews/news/12228/New-dietary-guidelines-address-infants-support?searchresult=1?autologincheck=redirected>