

Keeping nuts in your child's diet after a successful food challenge Age 7-10 years

Now that your child has successfully completed their food challenge to nuts on the day unit, it is important to regularly keep the nuts in their diet.

You will need to give your child an age appropriate portion of the nuts regularly. Evidence at present suggests you should provide this portion around 3 times per week. The following information will help you to achieve this.

You can use whole nuts, nut butters, chopped nuts or ground nuts. Whole nuts are suitable for children over the age of 5.

Whole and ground nuts can be stored in an airtight container for up to 4 weeks and are best kept somewhere cool and dark. You can store them in a refrigerator but this is not absolutely necessary.

A portion size for 7 - 10-year-old is 30 - 40g per day, which is 4 -5 tablespoons (a tablespoon is 8g).

If you are chopping or grinding the nuts at home, prepare the nuts in advance and you can add **4 or 5 tablespoons or 30-40g of whole nuts to your child's meals 3 times per week.** In order to keep your prepared nuts as fresh as possible, it is best to do no more than 480g at a time.

Your health care professional will write the quantity of each nut to be used in the monthly mix. The total should be no more than 480g to provide 12 portions of 40g each (5 tablespoons).

Type of Nut	Quantity	Example
ALMOND		160G
HAZELNUT		
CASHEW		160G
PISTACHIO		
WALNUT		160G
PECAN		
BRAZIL		
MACADAMIA		
PEANUT		
TOTAL (SHOULD NOT EXCEED 480G)		480G

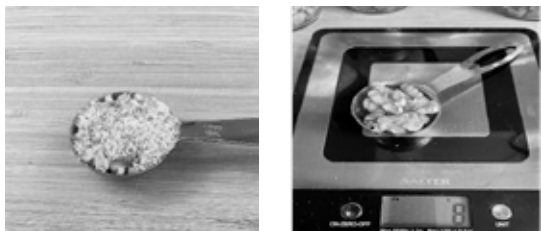
To prepare nuts at home



- ✓ Chop or grind nuts depending on texture preference.
- ✓ Store in an airtight container for up to 4 weeks.

Whole nuts can be given to children over the age of 5

Add 4 or 5 tablespoons (30g-40g) to your child's meals three times a week.



You can provide whole nuts as a snack or part of a meal

Ideas for adding nuts to meals and snacks;

- Stir through yoghurt
- Sprinkle on ice-cream
- Add to porridge and cereals
- Mix through stews, curries or pasta sauce
- Bake into breads, cakes, biscuits & flapjacks
- Mash into well cooked vegetables or fruit puree's
- Stir through melted chocolate and allow to set
- Nut butters can be spread onto toast, rice cakes, crackers or slices of apple
- Add to smoothies and milkshakes.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

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