

## Keeping nuts in your child's diet after a successful food challenge

### Age 1-4 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 nut butters, chopped nuts or ground nuts. Whole nuts are not suitable for children under the age of 5.

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 1 - 4-year-old is 8 - 16g per day (a tablespoon is 8g).**

If you are chopping or grinding the nuts at home, prepare the nuts in advance and you can add **1 or 2 tablespoons 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 200g 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 200g to provide 12 portions of 16g each (2 tablespoons).

Type of Nut	Quantity	Example
ALMOND		40G
HAZELNUT		
CASHEW		40G
PISTACHIO		
WALNUT		40G
PECAN		40G
BRAZIL		40G
MACADAMIA		
PEANUT		
TOTAL (SHOULD NOT EXCEED 200G)		200G

### 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 should not be given to children under 5 years of age as they are at risk of choking**

Add 1 or 2 tablespoons (8g-16g) to your child's meals three times a week.



## **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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