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Eating peanuts early in life may be the best way for kids to avoid a peanut allergy later.

Peanuts for Babies?

Some children are allergic to peanuts. They can become sick if they eat foods with peanuts in them. Many parents keep foods with peanuts away from their children to be safe.

That may be a bad idea. A new study found that babies who eat peanuts become allergic much less often than other babies. Some parents may change what they feed their babies because of this news.

Do You Know?

Four out of every ten children in the United States are allergic to at least one food.



Doctors found that even kids who stopped eating peanuts kept some protection from allergies for one year.