



## **Peanut Butter Safety**

Peanut butter provides protein in the diet and is part of the Meat Group in the Food Guide Pyramid. Children need protein in order to grow properly. Two tablespoons of peanut butter, (about the size of a golf ball) is a serving.

Remember to spread peanut butter thinly on bread to avoid choking. It's best not to give toddlers peanut butter from a spoon or finger. If it gets stuck in the child's throat, he may have trouble breathing.

Peanuts are one of the most common food allergens in children. Take children seriously if they say they have a food allergy, and make food substitutions so they don't feel left out.

For recipes: Contact your county extension office in Kansas or visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu)

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