Assessed for eligibility (n = 248)

Excluded (n = 188)
- Not meeting inclusion criteria (n = 170)
- Refused to participate (n = 18)

Randomized (n = 60)

Allocated to Peanut intervention (n = 30)
- Received allocated intervention (n = 30)

Discontinued intervention (n = 1)
- Reason: unrelated health problems

Allocated to Control intervention (n = 30)
- Received allocated intervention (n = 30)

Discontinued intervention (n = 2)
- Reason: unrelated health problems

Analyzed (n = 30)