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PEANUT AVOIDANCE

It is important to read all ingredient labels to identify foods that contain peanut. All manufactured food products that contain peanut protein as an ingredient are required by US law to **list the word “Peanut” on the product label.**

AVOID foods that contain any of these ingredients:

Beer nuts
Ground nuts
Mixed nuts
Peanut (including peanut flour and peanut butter)
NuNuts® (and other artificially flavored nuts)

Foods that often contain peanut:

- Peanut may be found in many manufactured products such as candy, chocolate, baked goods and ice creams.
- Peanut protein is found in Arachis oil, cold pressed, expressed, expelled, and extruded peanut oils. Highly refined peanut oils may be safe, but it may be difficult to identify the type of oil used in a product. Avoidance of peanut oil is often recommended.

Look out for:

- Cross contact- Cross contact occurs when safe foods come in contact with peanut. This may happen through shared cooking utensils, cooking surfaces, frying oils or not keeping safe foods separate from those made with peanut. Avoid cross contact by washing everything well with soap and water.
- Many tree nuts (such as pecans, walnuts, almonds, etc.) are processed with peanuts and therefore may contain trace amounts of peanut protein.
- Many candies and chocolates are processed with peanuts and therefore may contain trace amounts of peanut protein.
- Ethnic restaurants (such as Chinese, African, Indonesian, Thai and Vietnamese), bakeries and ice cream parlors are considered high risk due to the common use of peanut and the risk of cross contact even if a peanut free item is ordered.
- Peanut butter and/or peanut flour have been used in homemade chili and spaghetti sauce as thickeners.
- Lupine or lupin is a legume that may cause an allergic reaction in those with peanut allergy. Lupine can be found in many gluten free, high protein and other specialty products. In many European countries, lupine flour and/or peanut flour may be mixed with wheat flour in baked goods.
- Peanut may be found in cosmetics, nutrition supplements, medicines, and pet foods.

Usually safe:

- Nutmeg, water chestnut and butternut squash

Read all product labels carefully before buying and eating any item.

RESOURCES

-This program has additional information sheets that you may find helpful
-Explore additional educational materials, for example, from Food Allergy Research & Education (www.foodallergy.org)

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