



## Peanut-Free Guide

Educate yourself about unexpected/hidden sources of peanut. Some of the peanut-containing food/nonfoods and potential risk foods are listed below.

Foods that may contain peanuts	Other names for peanuts	Non-food sources of peanuts
Almond and hazelnut pastes	Arachide	Ant baits, bird feed, mouse traps, pet food
Baked goods (e.g. cakes, muffins, donuts, etc.)	Ground nuts	Stuffing in toys
Granola bars, energy bars or fruit bars	Arachis oil	Craft materials
Cereals	Kernels	Sunscreen/suntan lotion (some)
Marzipan	Nut meats	Lip glosses (some)
Nougat	Goober nuts, goober peas	Vitamins (some)
Peanut popcorn		
Potato chips (may be made with peanut oil)		

## Always read advisory labels before consumption.

In the US and most other countries, it is a legal requirement that the product labels of pre-packaged foods should clearly and accurately provide information on allergenic ingredients, such as peanuts. There are two main places on the label to find this necessary information.

The first is the ingredient list which should highlight peanuts, almonds, hazelnuts, walnut, cashew nut, pistachio nut, brazil nut, pecan nut, macadamia nut, or Queensland nut. The second is the precautionary label containing either 'may contain/ or 'not suitable for' statements.

The second label is not mandatory to highlight. Hence, peanut sensitive individuals are always advised to check the label before consumption. Moreover, the law clearly states that restaurants and cafes are required to provide their customers clear information about nuts in non-packaged foods.

## Educate yourself about cross-reactive foods.

It is advisable for individuals with peanut allergies to avoid all tree nuts, as well. Studies have shown that a significant number of patients with peanut sensitivity and allergy will also develop sensitivity to one or more tree nuts. Hence, the best practice is to completely avoid all types of tree nuts.

## Boil or fry peanuts without roasting them.

Studies have shown that dry roasted peanuts may invoke more immune reactions compared to fried or boiled peanuts. The higher temperature used when roasting increases the allergenic properties of peanut proteins. Hence, it is advised to avoid roasted peanuts even if you have a minor sensitivity to peanuts.