



How to Read a Label for a PEANUT-FREE DIET

AVOID foods that contain any of these ingredients:

peanut oil*
ground nuts
mixed nuts
nu-Nuts® flavored nuts
peanut
peanut butter
peanut flour

Foods and ingredients that **MAY** indicate the presence of **PEANUT PROTEIN** (please call the manufacturer before using):

African, Chinese, Indonesian, Mexican, Thai and Vietnamese dishes**
egg rolls
baked goods (pastries, cookies, restaurant desserts, etc.) avoid homemade, small shops (including supermarket bakeries), and unlabeled items
chocolate (candies, candy bars)
chili, barbecue sauce, spaghetti sauce
ice cream shops (both hard and soft serve ice cream)
marzipan
nougat
hydrolyzed plant protein – need to call company
hydrolyzed vegetable protein – need to call company

* Studies show that cold pressed peanut oil contains peanut proteins, though refined peanut oil is probably safe, no one knows which manufacturer uses which type of peanut oil.

** Often contains peanuts or are contaminated with peanuts during preparation of these types of meals.

- ▶ Peanuts are very allergic and can cause life threatening anaphylactic (general body reactions). **CARRY YOUR EPI-PEN AT ALL TIMES!!!**
- ▶ 30-40% of peanut allergic people becomes tree nut allergic as well. It is best to avoid tree nuts. Most tree nuts are cracked in a plant where peanuts are cracked as well, therefore peanut residue is on them.
- ▶ Though reactions from being in the same room as peanuts is rare, we recommend avoiding arenas and enclosed venues where peanuts in shells are served, such as at the circus. Open sports events are generally okay.
- ▶ Moisturizing creams may contain peanut and nut oils (check labels)
- ▶ Avoid foods labeled MAY CONTAIN PEANUT PROTEIN.