

FAIRFIELD COUNTY ALLERGY, ASTHMA & IMMUNOLOGY ASSOCIATES, P.C.

ADULT AND PEDIATRIC ALLERGY, ASTHMA AND CLINICAL IMMUNOLOGY

DIPLOMATES OF THE AMERICAN BOARD OF ALLERGY & IMMUNOLOGY

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PEANUT FREE DIET

Peanut is not a nut, it is a legume. Legumes are edible seeds enclosed in pods, including soybeans, lima beans, carob and sweet clover. Most peanut-allergic people can eat other legumes.

Ingredients to avoid:

- Cold pressed peanut oil
- Ground nuts
- Mixed nuts
- Peanuts
- Peanut butter
- Peanut flour

Foods that MAY contain peanuts or peanut products:

- African, Chinese, and Thai dishes
- Baked goods (pastries, cookies, etc), baking mixes
- Battered foods
- Breakfast cereals, and cereal based products
- Candy
- Chili & Spaghetti Sauce (which could contain peanut butter used as a thickening agent)
- Chocolate candies
- Hydrolyzed plant protein
- Hydrolyzed vegetable protein
- Marzipan (usually almond but often can be a mixture of nuts)

CHECK LABELS: Manufacturers constantly change product recipes. Rechecking labels is very important to ensure the product is peanut free.

Noteworthy:

- Peanut allergies are usually not outgrown.
- Peanut oil is usually not a problem as long as it is free of peanut protein. Cold-pressed peanut oils are a notable exception.
- Check all candy labels, they will often list peanuts on the label if the product is made in the same facility as a peanut containing candy. For example: Plain M& M's and Raisinettes both note that they may contain peanuts on the label, but peanuts are not in the ingredients list.
- Avoidance of tree nuts will decrease the risk of an accidental peanut ingestion. Furthermore, about 1/3 people with peanut allergy will develop a tree nut allergy. Avoid artificial nuts, which could contain peanuts.
- Ethnic restaurants often use peanuts in a variety of foods, which makes cross contamination possible, so these restaurants should be avoided. Egg rolls are occasionally sealed with peanut butter.