

## Guidelines for Managing Food Allergies

# Peanut Allergies

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Remember to **ALWAYS** read food labels carefully and watch for **hidden allergens**. Hidden allergens are ingredients derived from or containing major food allergens with common names that may be unfamiliar to consumers. **Foods or ingredients to AVOID if allergic to peanuts:** (This is not an exhaustive list.)

**Arachic oil/Arachis**

**Artificial nuts**

**Beer nuts**

**Boiled peanuts**

**Cold pressed, extruded, or expelled peanut oil**

**Crushed nuts, crushed peanuts**

**Dry roasted peanuts**

**Earth nuts**

**Goober peas**

**Goobers**

**Ground nuts, ground peanuts**

**Hydrolyzed peanut protein**

**Mandelonas**

**Mixed nuts**

**Monkey nuts**

**Nut pieces**

**Peanuts**

**Peanut butter**

**Peanut butter morsels**

**Peanut flour**

**Peanut paste**

**Peanut sauce**

**Spanish peanuts**

### May also contain peanuts:

Baked goods

Candy

Chili

Chocolate

Crumb toppings

Graham cracker crust

Hydrolyzed plant protein

Hydrolyzed vegetable protein

Marzipan

Mole sauce

Peanut flavoring (natural and artificial)

Fried foods

**Ethnic foods:** African, Asian, Chinese, Indian Indonesian, Thai, Vietnamese, Mexican

### Alternative food sources of important nutrients:

Protein: meats, poultry, fish, dairy products, dried beans and other legumes, nut butters (other than peanut butter).

Note: Peanut oil that is highly refined will not contain the protein allergen. However, peanut oil can be purchased in many forms (some highly refined and some not refined). If the words "cold-pressed" or "expeller pressed" are on the label to describe the oil, the allergens many have not been removed and should be avoided. Calling the manufacturer may be the only way to know if the oil is free from the allergenic protein.

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