

## Peanut Allergy – Ingredients Check

<p style="text-align: center;"><b><u>Nuts to be avoided</u></b></p> <ol style="list-style-type: none"> <li>1. <i>Peanuts (Arachis Hypogea)</i></li> <li>2. <i>Goober nuts</i> ( another name for peanuts)</li> <li>3. <i>All tree nuts</i> <ul style="list-style-type: none"> <li>• Peanuts can be reformed &amp; sold as other nuts (esp. <u>blanched almonds</u>)!</li> <li>• High possibility of cross-contamination from <i>nut mixes containing peanuts</i></li> </ul> </li> <li>4. <i>Nut oils</i> – peanut, ground nut, almond etc.</li> <li>5. <i>Nut butter/paste/flour</i> – e.g., peanut flour, almond paste (marzipan), cashew paste etc.</li> <li>6. Since peanut is a <i>legume</i> and not a nut, allergy to peanuts might lead to allergy or sensitivity to other foods in the legume group, e.g., <b><i>beans, lentils</i></b></li> </ol>	<p><b><u>Ambiguous terms on labels – do not use if source is not specified</u></b> (manufacturers can usually be contacted for specific information at the 1-800 #s listed on products)</p> <ol style="list-style-type: none"> <li>1. <u>Vegetable oil</u> – peanut oil is a type of vegetable oil (look for clear labeling, e.g., canola, soybean, palm, sunflower, olive etc., which are safe).</li> <li>2. vegetable shortening</li> <li>3. artificial and natural flavor &amp; color</li> <li>4. hydrolyzed plant protein (HPP)</li> <li>5. hydrolyzed vegetable protein (HVP)</li> <li>6. spices (if not specified or not in pure form)</li> </ol>
<p><b><u>Possible sources of cross-contamination</u></b></p> <ol style="list-style-type: none"> <li>1. Cutting knife, cutting board, counter top, spreading knife, microwave cover, refrigerator, oven rack, cookie sheet, toaster, shared utensils for cooking, shared cutlery, food sharing, inadequate washing of utensils &amp; hands</li> <li>2. Shared equipment during production and packaging (read label of ingredients)</li> </ol> <p><b><u>Examples of Safer Options: Look for Peanut-Free symbol</u></b></p> <ol style="list-style-type: none"> <li>1. <b><i>Dare Foods</i></b> – cookies, crackers, candy (available in most stores)</li> <li>2. Nestle &amp; Hershey’s chocolate— <b><i>peanut-free in snack size format but not regular size, check label</i></b></li> <li>3. <b><i>Chapman’s</i></b> peanut-free ice cream</li> <li>4. <b><i>School-safe</i></b> – cookies, cake</li> <li>5. <b><i>Laura Secord</i></b> – specialty peanut-free chocolate</li> </ol> <p><b><u>What you can do to keep allergic children safe:</u></b></p> <ol style="list-style-type: none"> <li>1. Minimize cross-contamination</li> <li>2. Read labels <b><i>every time</i></b></li> <li>3. Post ingredients list for parties</li> <li>4. No food sharing</li> <li>5. Encourage hand-washing before &amp; after eating</li> </ol>	<p><b><u>Peanuts or peanut oil can be present in many unsuspected pre-packaged food items. Carefully check labels for:</u></b></p> <ol style="list-style-type: none"> <li>1. sauces – e.g., <u>pesto</u> (used in pizza, pasta)</li> <li>2. soups</li> <li>3. margarine, mayonnaise – <i>made from oil</i></li> <li>4. chili</li> <li>5. meat balls, pepperoni, deli meat</li> <li>6. pizza – check sauce, pepperoni, sausage, dough</li> <li>7. bread crumbs (present in fried products)</li> <li>8. baked goods – e.g., <u>bread</u>, cookies, cakes, doughnuts (<i>cross-contamination, oil</i>)</li> <li>9. fried food – e.g., fries, fast food, fried frozen snacks like nuggets (<i>oil, reused oil</i>)</li> <li>10. frozen desserts - e.g., ice cream (<i>cross-contamination</i>)</li> <li>11. candy, chocolate, nougat</li> <li>12. dried fruits – raisins, cranberries etc. (<i>oil</i>)</li> <li>13. cereal bars, cereal</li> <li>14. baking mixes</li> <li>15. international cuisine</li> </ol> <p><b><u>Did you know?</u></b></p> <p>➤ Nuts can be present in <b>lotions, perfumes, soaps, creams, pet food, cleaning products!</b></p>