

## Peanut-Free Diet

All FDA-regulated manufactured food products that contain egg as an ingredient are required by U.S. law to list the word "peanut" on the product label.

Avoid foods that contain peanuts or any of these ingredients:

- Arachis oil (another name for peanut oil)
- Artificial nuts
- Beer nuts
- Peanut oil (cold-pressed, expeller-pressed, or extruded)
- Goobers
- Ground nuts
- Mandelonas (these are peanuts soaked in almond flavoring)
- Mixed nuts
- Monkey nuts
- Nut pieces
- Nutmeat
- Peanut butter
- Peanut flour
- Peanut protein hydrolysate

Peanuts are sometimes found in the following:

- African dishes
- Asian dishes (especially Chinese, Indian, Indonesian, Thai, and Vietnamese) dishes
- Mexican dishes
- Baked goods (such as pastries or cookies)
- Candy (including chocolate candy)
- Chili
- Egg rolls
- Enchilada sauce
- Marzipan
- Mole sauce
- Nougat

Keep the following in mind:

- **The FDA exempts highly refined peanut oil from being labeled as an allergen.** Studies show that most allergic individuals can safely eat peanut oil that has been highly refined - this exemption does **not** include cold-pressed, expeller-pressed, or extruded peanut oil. Follow your doctor's advice.
- There is a strong possibility of cross-reaction between peanuts and lupine.
- Many experts advise patients allergic to peanuts to avoid tree nuts as well.
- Sunflower seeds are often produced on equipment shared with peanuts.

Reference: Food Allergy & Anaphylaxis Network ([www.foodallergy.org](http://www.foodallergy.org))