

## Peanut Allergy

Do not eat peanuts or foods that have peanuts.

**Read the food label and do not eat any foods that have peanuts. These words found on food labels show that a product has peanuts:**

- Peanut
- Nut meat
- Nut butter
- Nut pieces
- Nut flour
- Peanut flour
- Ground nuts
- Natural nut extract
- Artificial nuts
- Peanut butter
- Peanut protein hydrolysate
- Mixed nuts
- Monkey nuts
- Beer nuts
- Earthnuts
- Goober nuts
- Lupine (legume that is like a peanut)
- Lupine flour
- Arachis oil (peanut oil)
- Marzipan
- Mandelonas (peanuts with almond flavoring)
- Cold pressed, expeller pressed, or extruded peanut oil

**Know that many foods have or might have peanuts:**

- Baked goods (cookies, cakes, muffins, pastries, bread)
- Nougat, candies, chocolate, marzipan
- Cereals, granola, muesli, "trail" mix
- Granola or protein bars
- Ice cream and frozen yogurt
- Ethnic foods
- Sauces, such as mole and enchilada sauce
- Soups, such as peanut soup
- Mortadella (sausage that has nuts)
- Chili

## What are cold pressed, expeller pressed, extruded, and highly refined peanut oils?

Refined peanut oil is not considered allergenic by the FDA and is often safe for most peanut allergic people. This is because most of the peanut protein (the part of the peanut that causes allergic reactions) is removed when it is made.

Cold pressed, expeller pressed, and extruded peanut oils do have peanut protein in them and should always be avoided. Most companies do not label the type of oil on the food label and you should call them for more information.

## Helpful Hints

### Chestnut, Water Chestnut, Coconut, Palm Nut, Nutmeg, and Butternut Squash

These foods do have the word “nut” in them but are not peanuts. They are safe for people with peanut allergies and don’t need to be avoided unless they are known to cause a problem.

### Seeds (Sesame, Sunflower, Pumpkin, Chia, Hemp, Flax, and so on)

Seeds are not like peanuts and do not need to be avoided unless your allergist tells you not to eat them.

### What about Lupin?

Some kids who are allergic to peanuts may also be allergic to lupin. Lupin is a legume that is similar to peanuts. It is often ground into flour and used to make many different kinds of baked goods, like breads and cakes. Ask your doctor if Lupin is something that you need to avoid.

## How to Replace Peanut Butter

Check with your allergist to make sure if any foods other than peanuts need to be avoided.

- Tree Nut Butter (Artisana Organics, Barney Butter, Nutella, Nuttzo)
- Seed Butters (Beyond the Equator, Julian Bakery, Nuttzo, Sun Butter, 88 Acres)
- Soy Butter (Don’t Go Nuts, WOW Butter)
- Pea Protein Butter (NoNuts, Sneaky Chef)
- Chickpea Butter (Chixi)
- Oat Butter (Kween)
- Mixed Nut butters if NOT allergic to any other nuts

All options can be used to replace peanut butter in recipes.