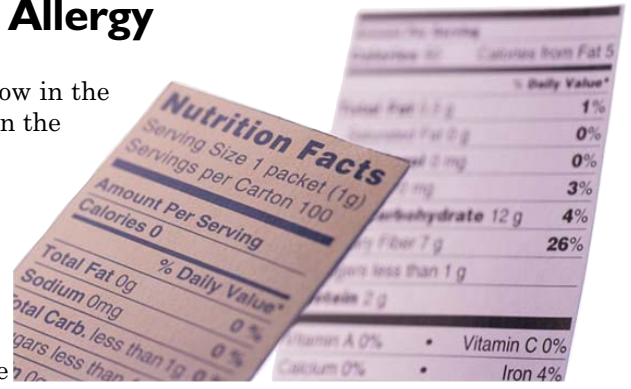


Reading a Label for Peanut Allergy

Peanut allergy is very common. Peanuts are legumes and grow in the ground. They are not actually a nut (tree nut). Other foods in the legume family are:

- Peas
- Green beans
- Dried beans
- Chickpeas
- Lentils

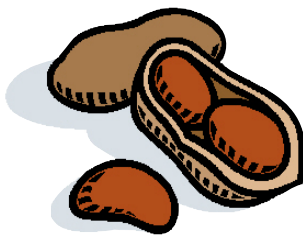
Allergic reactions to other legumes are rare. Also, an allergy to peanuts does not automatically mean you are allergic to tree nuts such as pecans, walnuts, or almonds. All foods containing peanuts should be avoided with peanut allergy.



The Food Label

Nuts are required to be listed on the Nutrition Facts food label. The label will either say “nuts” in the ingredient list or say “contains nuts” below the ingredient list.

The following ingredients **contain peanut** and are not safe.



- Arachis oil
- Artificial nuts
- Beer nuts
- Cold pressed peanut oil
- Expressed or expelled peanut oil
- Goobers
- Ground nuts
- Mandelonas
- Monkey nuts
- Mixed nuts
- Nu-Nuts flavored nuts
- Nut meat or pieces
- Peanut
- Peanut butter
- Peanut flour

The following foods or ingredients **may contain peanuts**. If there is peanut in the product, it will be listed on the label. You may also check with the product maker to be sure.

- African, Chinese, Thai or other ethnic dishes
- Baked goods (pastries, cookies, etc.)
- Candy
- Chili
- Chocolate (candies, candy bars)
- Egg rolls
- Enchilada Sauce
- Flavorings
- Hydrolyzed plant protein
- Hydrolyzed vegetable protein
- Ice creams, frozen yogurts, tofutti
- Marzipan
- Mole
- Nougat
- Spaghetti sauce

Cross-Contamination

Peanuts can accidentally get into foods. This is called cross-contamination. Ethnic foods, commercially-prepared baked goods and candy are commonly cross-contaminated.

Examples:

- Plain M&M's® may contain peanuts, because they are made in the same place as peanut M&M's®.
- Re-used frying oils may transfer peanuts between dishes.
- Many tree nuts are commonly processed in the same building or on the same equipment as peanuts.
- Many brands of sunflower seeds are processed on equipment shared with peanuts.

