



## PEANUT FREE DIET INFORMATION SHEET

Avoid all food products that contain **peanut** as an ingredient (required by U.S. law to list the word "**peanut**" on the product label.)

Avoid foods that use other words that could mean peanut:

artificial nuts	nut pieces
beer nuts	nut meat
goobers	peanut butter
ground nuts	peanut flour
mixed nuts	peanut protein hydrolysate
monkey nuts	

Avoid foods that may have **peanut** in them:

chili	marzipan
egg rolls	mole sauce
enchilada sauce	mandelonas
nougat	

Avoid ethnic foods that are high risk for accidental peanut reactions:

- African
- Asian (Chinese/Indian/Indonesian/Thai/Vietnamese)
- Mexican

Avoid baked goods, ice cream shops, and candy (including chocolate candy).

Avoid lupine flour.

Most allergic individuals can safely eat highly refined peanut oil but must avoid cold pressed, expeller pressed, or extruded peanut oil. (Arachis oil is peanut oil).

Avoid food labeled "may contain", "shared equipment" or "manufactured in the same facility" as peanut.

For additional information: [www.foodallergy.org](http://www.foodallergy.org)