

PEANUT FREE DIET

AVOIDING PEANUT

Peanut allergy is one of the most common food allergies, and may cause a severe, potentially fatal, allergic reaction called **anaphylaxis**. This can occur with even very small, “trace”, exposure of peanut. For this reason it is very important to **always read labels** to avoid inadvertent exposure to peanuts. Always **carry an epinephrine auto-injector** (such as an EpiPen®, Auvi-Q™ or Adrenaclick®) and have available at all times.

Cross-reactivity:

- Peanuts are in the **legume family**, the second largest family of seed plants. Peanuts grow underground (another name for peanut is “groundnut”); peanuts are related to other beans, including peas, lentils and soybeans.
- Having a peanut allergy **does not predispose** one to another allergy in the legume family, however there are studies that show increased risk of cross-reactivity with **lupine** – if concerned consult with your child’s Allergist for individual risk. Lupine is a bean that is more commonly used in European and Asian cuisine than the US, although may be found in Gluten Free products as a protein additive, always remember to read labels.
- Peanuts are not in the same family as tree nuts (almonds, cashews, walnuts, etc.), which grow on trees, or coconuts.

Cross-contamination:

- **Shared equipment** in processed foods presents a concern; sunflower seeds often share a facility with peanut.
- Also be cautious with alternative “nut butters”, such as soy or sunflower seed may be produced on shared equipment, always contact the manufacturer prior to consumption.
- In some individuals, a severe reaction from peanuts can occur even with **casual contact** – be especially aware if peanuts come in contact with eyes, nose, or mouth.



ALWAYS AVOID FOODS THAT CONTAIN PEANUTS, INCLUDING THE FOLLOWING INGREDIENTS:

Arachis Oil
 Artificial Nuts
 Beer Nuts
 Cold pressed, expeller pressed, or extruded Peanut Oil
 Goobers
 Ground Nuts
 Mandelonas
 Mixed Nuts
 Monkey Nuts
 Nut Meat
 Nut Pieces
 Peanut Butter
 Peanut Flour
 Peanut Protein Hydrolysate



USE CAUTION, THE FOLLOWING MAY CONTAIN PEANUTS:

Baked goods (pastries, cookies)
 Candy (including chocolate)
 Chili
 Egg Rolls
 Enchilada Sauce
 Marzipan
 Mole Sauce
 Nougat
 Regional Cuisine: African, Asian, Mexican
 Vegetable dishes made with eggs – scalloped corn, potato pancakes, etc.

POTENTIAL NUTRITIONAL DEFICIENCIES ON AN PEANUT- FREE DIET

What nutrients are important in peanuts? What are good food sources of these missing nutrients?



- **Protein:** Animal Meats (Chicken, Turkey, Fish, Beef, Lamb, Pork), Eggs, Beans & Lentils, Whole grains—Quinoa, Millet, Teff, Barley (minimal protein)
- **Vitamin E:** Almonds (caution with cross contamination), Spinach, Swiss Chard, Avocado, Turnip & Beet Greens, Asparagus
- **Niacin:** Tuna, Chicken, Turkey, Salmon, Lamb, Beef, Sardines, Brown Rice
- **Magnesium:** Pumpkin Seeds, Spinach, Swiss Chard, Sesame, Quinoa, Black Beans, Cashews, Navy Beans
- **Manganese:** Cloves, Oats, Brown Rice, Garbanzo Beans, Spinach, Pineapple, Pumpkin Seeds, Rye
- **Chromium:** Broccoli, Barley, Oats

ALTERNATIVES TO PEANUTS

Trail Mix: Make your own, by choosing any other nuts or seeds that are safe per your Allergist, (i.e. almonds, cashews, apricot kernels, pumpkin seeds or hemp seeds – depending on the individual’s allergy profile) and mix with dried fruit of your choice (raisins, cranberries, mango, papaya, mulberries, pineapple, etc), and an allergen-free dry cereal if desired.

Peanut Butter, on a sandwich or in a recipe: A wide variety of non-peanut “nut butters” are available (Cashew, Almond, Pecan, Sunflower Seed, Soy Nut Butter).

Always confirm that the other nuts or seeds are safe with your Allergist, and always check with the manufacturer that there is no risk of cross-contamination in the facility, and verify that the facilities do not produce peanut products.