



## Peanut-Free Diet

Note: For your convenience, the following list is available on a sturdy wallet-sized plastic card from the Food Allergy & Anaphylaxis Network. The price is \$2.00 plus shipping and handling. Call (800) 929-4040 to order.

All FDA-regulated manufactured food products that contain peanut 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:

artificial nuts	monkey nuts
beer nuts	nut pieces
cold pressed, expeller pressed, or extruded peanut oil	nutmeat
goobers	peanut butter
ground nuts	peanut flour
mixed nuts	peanut protein hydrolysate

### Peanut is sometimes found in the following:

African, Asian ( <i>especially Chinese, Indian, Indonesian, Thai, and Vietnamese</i> ), and Mexican dishes	egg rolls
baked goods ( <i>e.g., pastries, cookies</i> )	enchilada sauce
candy ( <i>including chocolate candy</i> )	marzipan
chili	mole sauce
	nougat

### Keep the following in mind:

- Mandelonas are peanuts soaked in almond flavoring.
- **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 (*not* cold pressed, expeller pressed, or extruded peanut oil). Follow your doctor's advice.
- A study showed that unlike other legumes, there is a strong possibility of cross-reaction between peanuts and lupine.
- Arachis oil is peanut oil.
- Many experts advise patients allergic to peanuts to avoid tree nuts as well.
- Sunflower seeds are often produced on equipment shared with peanuts.

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## Tree Nut-Free Diet

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All FDA-regulated manufactured food products that contain a tree nut as an ingredient are required by U.S. law to list the specific tree nut on the product label.

### Avoid foods that contain nuts or any of these ingredients:

almonds	Nangai nuts
artificial nuts	natural nut extract (e.g., almond, walnut)
beechnut	nut butters (e.g., cashew butter)
Brazil nuts	nut meal
butternut	nut paste (e.g., almond paste)
cashews	nut pieces
chestnuts	nutmeat
chinquapin	pecans
coconut	pesto
filberts/hazelnuts	pili nut
gianduja (a chocolate-nut mixture)	pine nuts (also referred to as Indian, pignoli, pigñolia, pignon, piñon, and pinyon nuts)
ginkgo nut	pistachios
hickory nuts	praline
litchi/lychee/lychee nut	shea nut
macadamia nuts	walnuts
marzipan/almond paste	

### Tree nuts are sometimes found in the following:

black walnut hull extract (*flavoring*)  
natural nut extract  
nut distillates/alcoholic extracts  
nut oils (e.g., walnut oil, almond oil)  
walnut hull extract (*flavoring*)

### Keep the following in mind:

- Mortadella may contain pistachios.
- There is no evidence that coconut oil and shea nut oil/butter are allergenic.
- Many experts advise patients allergic to tree nuts to avoid peanuts as well.
- Talk to your doctor if you find other nuts not listed here.

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