



Peanut Allergy

Your child has been diagnosed with an allergy to peanuts. The only treatment for a peanut allergy is to avoid all food products containing peanuts. Symptoms of peanut allergy can range from mild to severe. A child on a peanut restricted diet can eat a wide variety of foods, but all peanut-containing products must be substituted with a peanut-free alternative.

While peanuts are a legume, most children with a peanut allergy may safely eat other legumes (dried peas and beans.) Some children with peanut allergy must also avoid tree nuts. Check with your child's doctor whether they must also avoid foods containing tree nuts.

Some unexpected sources of peanuts:

- Sauces such as chili sauce, hot sauce, pesto, gravy, mole sauce, salad dressing, barbecue sauce, marinades
- Sweets such as pudding, cookies, hot chocolate, energy bars, frozen drinks
- Egg rolls
- Potato pancakes
- Pet food
- Specialty pizzas
- Asian and Mexican dishes
- Some vegetarian food products
- Foods that contain extruded, cold-pressed or expelled peanut oil, which may contain peanut protein
- Glazes and marinades

This does not imply that these products will always contain peanut. Always read the food label.

Reminders:

- Contact the manufacturer before using alternative nut butters to make sure that they were not made on shared equipment with peanut.
- Use caution with ice cream from ice cream parlors as shared scoops may be a problem. Ask for peanut-free soft-serve ice cream dispensed directly from a soft-serve machine without a scoop.
- Studies have shown that most peanut-allergic children can safely eat refined peanut oil. Check with your child's doctor first.
- If an epinephrine pen has been prescribed for your child, it should be carried at all times.
- Some compost contains peanut shells. Be aware of this.
- Rarely, some children may have an allergic reaction when they touch, smell, or when they enter a room in which peanuts or non-refined peanut oil is being used.

How to Read a Food Label for a Peanut-Free Diet

Peanuts (with the exception of refined peanut oil) are required by law to be listed on food product labels.

Avoid foods that contain peanuts or any of these foods/ingredients:

Peanut Flour	Nu-nuts or other artificial nuts such as
Mixed Nuts	Mandelonas (peanuts soaked in almond
Beer Nuts	flavoring)
Ground Nuts	Goobers
Nut Pieces	Arachis oil (may contain peanut protein)
Nutmeat	

Other products such as lotions, soaps, shampoo, medications, and sunscreens may also contain peanut ingredients. Check all labels and check with your child's pharmacist for medication ingredients.

Below is a list of recommended foods for children with a peanut allergy. Use this as a guide to ensure your child has a balanced diet. Before you offer any food product to your child, always read the entire food label to make sure the food does not contain peanuts.

Food Group	Recommended Foods
Milk and Milk Products	Milk (whole, reduced fat, low-fat, fat-free, condensed, evaporated, or dry) Cheese Cream cheese Pudding Sour cream Yogurt and ice cream (Check all milk products for peanut ingredients)
Meat and Other Proteins	All fresh, frozen, or processed meats (beef, veal, lamb, pork) Fresh, frozen, or canned fish and shellfish Eggs Poultry Dried Beans and Peas Seeds (Check all products for peanut ingredients)
Grains	Breads, other baked goods (brownies, cakes, cookies, muffins, etc.), cereals, crackers, noodles/pasta, pancakes, pretzels, rolls, tortillas, waffles, and other grain foods if they have been made without peanut ingredients
Vegetables	All fresh, frozen, or canned vegetables made without peanut ingredients
Fruits	All fresh, frozen or canned fruits made without peanut ingredients 100% Fruit Juice
Fats and Oils	Butter/Margarine Vegetable Oil (except unrefined peanut oils) Vegetable Oil Spray Salad dressings, mayonnaise, sauces, and gravies made without peanut ingredients
Beverages	All beverages without peanut ingredients

Food Group	Recommended Foods
Other	Pepper and salt Herbs and spices Mustard, ketchup, and relish Honey Jam, Jelly, Marmalade, and preserves Sugar Maple Syrup Gelatin

Additional Information:

If you have questions, call: _____, *Registered Dietitian*
Phone: (717) 531- _____ or (717) 531-8406