

How to Read a Label for a Peanut-Free Diet

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

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.

For more information:

foodallergy.org/page/peanut-allergy