

HOW TO READ A LABEL for a PEANUT-FREE DIET

Avoid foods that contain peanuts or any of these ingredients:

Artificial nuts	Monkey nuts
Beer nuts	Nutmeat
Cold pressed, expelled, or extruded peanut oil	Nut pieces
Goobers	Peanut
Ground nuts	Peanut butter
Mixed nuts	Peanut flour

May indicate the presence of peanut protein:

African, Asian (especially Chinese, Indian, Indonesian, Thai, and Vietnamese) and Mexican dishes

Baked goods (*pastries, cookies, etc.*)

Candy (*including chocolate candy*)

Chili

Egg rolls

Enchilada sauce

Flavoring (*including natural and artificial*)

Marzipan

Nougat

- Mandelonas are peanuts soaked in almond flavoring.
- Studies show most allergic individuals can safely eat peanut oil (*not* cold pressed, expelled, or extruded peanut oil).
- Arachis oil is peanut oil
- Experts advise patients allergic to peanuts to avoid tree nuts as well.
- A study showed that unlike other legumes, there is a strong possibility of cross reaction between peanuts and lupine.
- Sunflower seeds are often produced on equipment shared with peanuts.

HOW TO READ A LABEL for a TREE NUT-FREE DIET

Avoid foods that contain nuts or any of these ingredients:

Almonds	Hickory nuts	Nutmeat
Artificial nuts	Macadamia nuts	Nut oil
Brazil nuts	Marzipan/almond paste	Nut paste (<i>i.e., almond paste</i>)
Caponata	Nan-gai nuts	Nut pieces
Cashews	Natural nut extract (<i>i.e. almond, walnut</i>)	Peacans (<i>Mashuga Nuts®</i>)
Chestnuts	Nougat	pesto
Filbert/hazelnuts	Nut butters (<i>i.e., cashew butter</i>)	Pine nuts (<i>also referred to as Indian, pinon, pinyon, pignoli, pignolia, and pignon nuts</i>)
Gianduja (<i>a nut mixture found in some chocolate</i>)	Nut meal	pistachios
	Pralines	walnuts

- Mandelonas are peanuts soaked in almond flavoring.
- Mortadella may contain pistachios.
- Natural and artificial flavoring may contain tree nuts.
- Experts advise patients allergic to tree nuts to avoid peanuts as well.