

Peanut Allergy Diet

The only treatment for someone with food allergies is to completely avoid the food they are allergic to. **Peanut allergy is one of the top 9 food allergies in the United States.**

Peanut allergy can be dangerous. Peanut protein may be in foods that you don't expect. Peanuts are found in many foods such as Asian foods and candy but may also be in chili, soups, baked goods, and other sweets. When you eat out, clearly explain your allergy to the manager and wait staff, so the food is not cooked or cross-contaminated with peanuts.

When cooking at home, clean counters, utensils and pans well that have had peanuts in or on them. Avoid risk of cross contamination by keeping utensils separate and not cooking things

US food manufacturers are required to list ingredients by their common names for the top 8 allergenic foods. The top 8 allergenic foods in the United States are eggs, milk, soy, wheat, peanut, tree nuts, fish, and shellfish.

Read labels each time you shop since the ingredients often change without warning. Check and recheck even the "safe" foods you have bought before.

Avoid all foods that are produced on equipment shared with peanuts or other nuts. There is a risk of cross contamination.

Label ingredients which show the presence of peanut protein:

- Peanuts
- Peanut flower
- Mandelonas
- Mixed nuts/beer nuts/monkey nuts
- Imitation walnuts
- Imitation almonds
- Hydrolyzed vegetable protein or "groundnuts" (may be made from peanuts)
- Peanut protein hydrolysate

Ingredients that **may** show the presence of peanuts:

- Hydrolyzed vegetable protein
- Egg rolls
- Flavoring, natural or artificial
- Nougat
- Chili
- Chocolate candies
- Enchilada sauce
- Marzipan
- Ground nuts
- Ethnic dishes

Most people with a peanut allergy may safely eat refined peanut oil (sometimes called Arachis oil), since it does not contain a large amount of protein. But they **cannot** eat cold pressed, expeller or extruded peanut oil-sometimes referred to as gourmet oils. Talk to your doctor to figure out if you should avoid peanut oil.

Breads You Can Eat

Bread products made without peanuts

Breads to Avoid

Any bread, biscuits, doughnuts, muffins, egg rolls, pancakes, pizzas, etc. with peanuts or peanut butter

Candies You Can Eat

Candy without peanuts or peanut butter

Candies to Avoid

Any candy or candy bar with peanuts or peanut butter **or** that is made on the same equipment as foods that contain peanuts

Desserts You Can Eat

Desserts made without peanut protein

Desserts to Avoid

Any dessert made with peanuts or peanut products (read labels on store-bought products)

Fats and Oils You Can Eat

All fats and oils, except extruded, cold-pressed or expelled peanut oil

Fats and Oils to Avoid

- Extruded, cold-pressed or expelled peanut oil
- Cross contaminated oil at restaurant or home where foods that contain peanuts were fried

Fruits You Can Eat

All fruits

Fruits to Avoid

- Fruit cake with nuts
- Dried fruit with nuts

Meat/Substitutes You Can Eat

All meats, soy nut butter

Meat/Substitutes to Avoid

- Chinese, Thai foods and other Asian foods prepared with peanuts
- Peanut and other nut butters
- Egg rolls
- Peanuts, mandelonas, and tree nuts

Milk, Cheese, Dairy You Can Eat

All milk, yogurt, cheese and eggs

Milk, Cheese, Dairy to Avoid

Any flavored yogurts that contain peanuts or cross contamination with nuts

Potatoes, Rice, and Pasta You Can Eat

Potatoes, rice, noodles, macaroni, and pasta that is not prepared with peanuts

Potatoes, Rice, and Pasta to Avoid

Asian noodles cooked with peanuts

Sauces and Seasonings You Can Eat

All spices and herbs

Sauces and Seasonings to Avoid

None

Soups You Can Eat

Soups without peanuts or peanut butter

Soups to Avoid

Soups prepared with peanut butter, some chilies, or stews

Condiments You Can Eat

All sugars, honey, jam, jelly and syrups, ketchup, mustard, and salad dressings

Condiments to Avoid

Glazes or marinades, some chili or hot sauces, mole sauces, pesto or salad dressings that contain peanut protein

Vegetables You Can Eat

Vegetables prepared without peanuts

Vegetables to Avoid

Deep fried vegetables cross contaminated with peanut protein

Cautions and Tips

You should always have medicines with you to stop a serious allergic reaction.

Peanuts are not true nuts; they are legumes. Some people also must avoid other foods in the legume family (soybeans, peas, and garbanzo (chickpea) beans.

Beware of store-bought nuts. Peanuts, which are de-flavored, re-flavored and pressed, can be sold as imitation almonds, walnuts or other nuts.

Seeds and other products are often processed at the same place as peanuts or tree nuts. If you are unsure and the label doesn't state this, call the food company to be sure. Examples include M & M[®] candies or Jelly Belly[®] jellybeans.

Tips to Prevent an Allergic Reaction

- Read the ingredients lists on food labels to make sure peanuts are not present. Read the list even if you have had the product before. Ingredients may change.
- When you travel bring along some of your own foods.
- When you eat out, always ask restaurant staff about ingredients in food and how it was prepared. Cooking oils can have allergens.

Recipes

<http://www.kidswithfoodallergies.org/recipes>
<https://www.foodallergy.org/>
<https://www.eatingwithfoodallergies.com/allergyfreerecipes/>

Other Resources

Peanut Allergy Homepage -
<http://www.peanutallergy.com>

Kids with Food Allergies-
<http://www.kidswithfoodallergies.org> (a great source for webinars, recipes, forums, product updates and recalls)

Food Allergy Research and Education
www.foodallergy.org (a great resource for managing school, travel and other situations with food allergies).

Who to Call

If you have more questions, please contact UW Health at one of the phone numbers listed below. You can also visit our website at www.uwhealth.org/nutrition

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH) can be reached at: **(608) 890-5500**.

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770**

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 6/2023 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#315