

# Peanut Allergy

Peanuts grow underground and are part of the legume family, which differentiates them from tree nuts. Being allergic to peanuts does not put you at a greater risk for being allergic to other legumes. Although peanuts are not a part of the tree nut family their protein structure is similar so it is important to talk with your doctor about the severity of your peanut allergy and whether consuming tree nuts is safe.

## Foods and ingredients to avoid with a peanut allergy include:

Arachis oil, another name for peanut oil  
Artificial nuts  
Beer nuts  
Cold pressed, expeller pressed or extruded peanut oil  
Goobers  
Ground nuts  
Mandelonas (peanuts soaked in almond flavoring)  
Mixed nuts  
Monkey nuts  
Nut meat  
Nut pieces  
Peanut butter  
Peanut flour  
Peanut protein hydrolysate

## The following foods often contain peanuts as an ingredient:

Baked goods (pastries, cookies, pudding, pies, hot chocolate, etc.)  
Candy  
Cereals, Granola, Granola bars  
Chili and Spaghetti Sauces  
Egg rolls  
Energy Bars  
Ethnic Foods (African, Asian, Mexican, Thai, Chinese, Vietnamese, etc.)  
Glazes/Marinades  
Hydrolyzed vegetable or plant protein  
Ice creams, frozen yogurt  
Marzipan  
Nougat  
Nut Butters  
Pancakes  
Sauces (enchilada, chili sauce, hot sauce, pesto, mole sauce, salad dressing)  
Specialty pizzas  
Vegetarian food products (especially meat substitutes)

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## Risk of cross-contamination:

As with any allergy it is important to be aware of the risk for cross- contamination. List below are some situations/products in which to take extra care for the risk of cross-contamination.

Bakeries

Ice cream shops

Ethnic restaurants

Sunflower seeds are often processed on the same equipment as peanuts

Nut alternative butters such as soy nut butters, sunflower seed butters

Peanut shells are sometimes used in compost

Peanuts can be used to thicken sauces

## Additional Resources

<https://www.foodallergy.org/allergens/peanut-allergy>

<http://www.foodallergy.org/document.doc?id=133>

<http://www.mayoclinic.org/diseases-conditions/peanut-allergy/basics/lifestyle-home-remedies/con-20027898>

[http://kidshealth.org/teen/food\\_fitness/nutrition/nut\\_allergy.html#](http://kidshealth.org/teen/food_fitness/nutrition/nut_allergy.html#)

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