

PEANUT Allergen Card

Ingredients to avoid if you are allergic to peanut*:

- Arachis oil
- Beer nuts
- Goober nuts
- Groundnuts
- Madelonas
- Mixed nuts
- Monkey Nuts
- Nu-nuts
- Nut pieces
- Nutmeat
- Peanut
- Peanut butter
- Peanut oil
(cold pressed, expelled or extruded)
- Peanut sprouts
- Renflakes

Any products containing peanut or peanut derivatives must be avoided (eg peanut flour, sodium peanutate, and peanutamide).

Allergy specialists often advise peanut-allergic individuals to also avoid tree nuts. Those allergic to peanuts are not often allergic to other legumes.

However, peanut allergic individuals may also react to lupin (eg lupin flour and lupini beans).

Products which might contain peanut include:

- African dishes
- Asian/Indian dishes
- Biscuits
- Breakfast cereals
- Chocolates
- Dried fruit mixes
- Gravy
- Health food bars
- Ice creams
- Lollies
- Marzipan
- Mexican dishes
- Nougat
- Praline
- Pesto
- Salad/salad dressing
- Sauces
- Snack foods
- Soup
- Vegan dishes

*This is not a complete or comprehensive list of ingredients to avoid but is intended as a helpful aid for living with peanut allergy. It is NOT meant to replace medical advice given by your doctor.

Those with nut allergy generally do not need to avoid coconut and nutmeg.

Remember: Cosmetics, lotions, shampoos, moisturisers and the like can contain food allergens. Some medications (prescribed and over the counter) and alternate therapies can also contain food allergens.

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FOOD ALLERGY SAFETY

Avoidance of the food allergen is crucial if you are food allergic.

There are many strategies you can put in place to help reduce the risk of an allergic reaction or anaphylaxis. Strategies include:

- Plan ahead.
- Educate those around you.
- Always read the food label, even if the product has been purchased and eaten safely before.
- If there is no label and you cannot access clear information on food content, do not eat the food.
- Have a safe snack available when you go out. If you are hungry, you will be more tempted to take a risk with a non-labelled food purchase.
- Do not share straws, cups, cutlery and other food utensils.
- Call food manufacturers and ask about food labels if you are unsure about a product.
- Be extra careful when eating away from home. Whilst a particular food order may be fine to eat questions must be asked about the risk of cross-contamination during food preparation.
- Check medications, creams, cosmetics and all skin applications for the presence of food allergens.
- Check pet food for allergens (e.g. bird seed for nuts, cat food for fish)
- ALWAYS have your Action Plan for Anaphylaxis and your adrenaline autoinjector (EpiPen® or Anapen®) with you. No Adrenaline = No Eat!

Food allergy is manageable if people are well informed. Australian labelling now requires all major allergens to be clearly specified in the ingredient list.

MORE INFORMATION:

- **Food allergy management call 1300 728 000 or visit www.allergyfacts.org.au and www.allergy.org.au**
- **Australian food labelling: www.foodstandards.gov.au or www.afgc.org.au and www.allergenbureau.net**
- **Get advice about a balanced diet from an Accredited Practising Dietitian. Dietitians Association of Australia website: www.daa.asn.au.**



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