

PEANUT Allergen Card



Any food containing peanut must be avoided including*:

Arachis hypogaea (botanical name)
Arachis oil
Beer nuts
Gado Gado
Goober nuts
Groundnuts
Madelonas
Mixed nuts
Monkey Nuts
Nu-nuts
Nut pieces
Nutmeat
Peanut
Peanut butter
Peanut brittle
Peanut flour
Peanut sauce
Peanut oil (cold pressed, expelled or extruded)
Peanut sprouts
Renflakes
Satay/satay sauce

Check when purchasing food that may be cooked in oil e.g. chips, that the oil has not been contaminated by cooking peanuts.

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

Products and foods which might contain peanut include:

African dishes
Asian/Indian dishes
Baked/bakery foods (e.g. cakes, biscuits, muffins, pastries, crackers, bread, pies, slices)
Breakfast cereals
Chocolates
Chocolate spreads/paste
Curry paste
Dips
Desserts
Dried fruit mixes
Dukkah
Flavourings (natural or artificial)
Fried food (peanut oil)
Gravy
Health food bars
Hydrolysed/textured vegetable protein
Ice creams
Lollies and confectionery
Mexican dishes
Nougat
Tree nut butters
Pasta sauces
Pesto
Praline
Rocky Road
Salad/salad dressing
Sauces
Soup
Stuffing
Trail mix
Vegan dishes/Vegetarian dishes

***This is not a complete 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.**

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 including anaphylaxis.

When eating away from home:

- Plan ahead; educate those around you.
- Tell wait staff and/or food preparation staff about your food allergy. When you tell wait staff about your allergy, consider giving them an A&AA Chef Card, a helpful tool to help you communicate your allergy. Scan the QR code below for Chef Card information.
- Have an appropriate 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 food.
- Do not share straws, cups, cutlery and other food utensils.
- ALWAYS have your ASCIA Action Plan for Anaphylaxis and your adrenaline injector with you. No Adrenaline = No Eat!

When buying packaged food:

- Always read the ingredient list on 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.
- Call food manufacturers and ask about food ingredients if you are unsure about a product.
- Note: Warning statements such as "May contain..." are voluntary.
- Australian labelling requires all common allergens to be listed on the food label.

Allergens found in other products:

- Check cosmetics, lotions, shampoos, soaps, moisturisers and products used on the skin for food allergens.
- Check medications (prescribed and over the counter), supplements, herbal medicines and alternate therapies for food allergens.
- Check pet food for food allergens (e.g. bird seed for peanut and tree nuts, cat food for fish).



**Scan the QR code for more information
or call 1300 728 000 or visit
www.allergyfacts.org.au**