

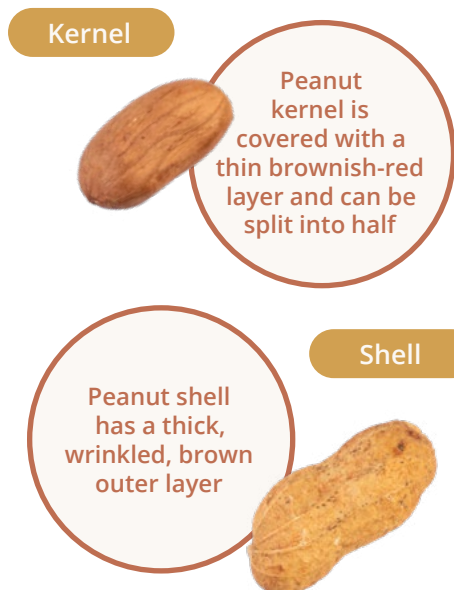
WHAT PEANUTS LOOK LIKE

Peanuts are a delicious food that are very nutritious and can be included as an important part of a healthy diet. However, for people allergic to peanuts, completely avoiding peanuts may be the only way to manage your allergy.

Currently there is no cure, but possible treatments are being researched (see [Allergy Studies Directory](#)) and may become available. To safely manage your allergy, it's important to recognise peanuts in their different forms and to know which foods contain them.

Peanuts are legumes like peas and lentils. Peanuts are different to tree nuts, such as almonds and cashews, because they grow under the ground.

People with a peanut allergy are not always allergic to tree nuts as the proteins in peanuts are different to proteins in tree nuts. Peanuts can be found in many different foods. They may be whole (the kernel), or in different forms.



Managing your peanut allergy

- Look for your allergen in the ingredients list, and for precautionary allergen labelling on packaging. Check ingredients each time you buy the food because they can change.
- Don't rely on menu descriptions when ordering foods and drinks at restaurants. Tell food service staff about your allergy, and ask about ingredients, preparation and cross contamination risks.
- Check for peanuts 'hidden' in food and drinks such as meals or flours, butters, essences, milks, alcoholic drinks, and oils.
- Check ingredients of cosmetics and skin creams as they sometimes contain peanuts.