



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, expeller 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.

*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.

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

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

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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 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



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