

Peanut Allergy Avoidance List

Hidden Names for Peanuts

Compiled by Debra A. Indorato RD, LDN, member of KFA's Medical Advisory Team

Foods covered by the FDA labeling laws that contain peanuts must be labeled in plain English to declare that it "contains peanuts." However, there are many foods and products that are not covered by FDA allergen labeling laws, so it is still important to know how to read a label for peanut ingredients.

Products exempt from plain English labeling rules: foods that are not regulated by the FDA (tinyurl.com/KFA-FALCPA), cosmetics and personal care products, prescription and over-the-counter medications or supplements, pet food, toys and crafts.



CONTAIN PEANUT

The following ingredients found on a label indicate the presence of peanut protein. All labels should be read carefully before consuming a product, even if it has been used safely in the past.

Arachic oil

Arachis

Arachis hypogaea

Artificial nuts

Beer nuts

Boiled peanuts

Cold pressed, extruded, or expelled peanut oil

Crushed nuts, crushed peanuts

Dry roasted peanuts

Earth nuts

Goober peas

Goobers

Ground nuts, ground peanuts

Hydrolyzed peanut protein

Hypogaeic acid

Mandelonas

Mixed nuts

Monkey nuts

Nu nuts flavored nuts

Nut pieces

Nutmeat

Peanuts, peanut butter, peanut butter chips, peanut butter morsels

Peanut flour

Peanut paste

Peanuts sauce, peanut syrup

Spanish peanuts

Virginia peanuts

MAY CONTAIN PEANUT

Artificial flavoring

Baked goods

Candy

Chili

Chocolate

Crumb toppings

Egg rolls

Enchilada sauce

Ethnic foods: African, Asian, Chinese, Indian, Indonesian, Thai, Vietnamese, Mexican

Fried foods

Flavoring

Graham cracker crust

Hydrolyzed plant protein

Hydrolyzed vegetable protein

Marzipan

Mole sauce

Natural flavoring

Nougat

MAY NOT BE SAFE

Lupine is a legume that cross-reacts with peanut at a high rate and should be avoided by peanut allergic patients. It does not fall under the labeling requirements of FALCPA. Lupine is also known as lupinus albus and can be found in seed or flour form.

MAY BE SAFE, BUT ASK YOUR ALLERGIST

Peanuts and soybean are in the legume family which includes beans and lentils. Five percent of children allergic to peanuts may react to other legumes. Many years ago, it was common to recommend avoidance of legumes, including soy, because of a peanut allergy but this practice has been proven unnecessary. Ask your allergist what is best for your child.

Some allergy experts advise those allergic to peanuts to avoid all tree nuts. Ask your allergist what is best for your child.

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TAKE ALL FOOD ALLERGIES SERIOUSLY ■ TRACE AMOUNTS OF FOOD CAN CAUSE A REACTION

The following ingredients found on a label indicate the presence of peanut. All labels should be read carefully before consuming a product, even if it has been used safely in the past. Print and share copies of this list to assist people who shop or label read for your peanut allergic child.

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