

Peanut Allergy

In addition to the general information about food allergies, here are some issues that people with a peanut allergy should know about.

Lifelong peanut allergy

People tend to develop a peanut allergy in childhood and most of these people will remain allergic to peanuts for life.

Tree nuts and peanut allergy

While tree nuts and peanuts are different, in some rare cases people with a peanut allergy also react to one or more tree nuts. Consult your allergist before eating any nut that is not a regular part of your diet.

Read the labels

If you're allergic to peanuts, the only way to avoid a reaction is to avoid all food and products that contain peanut and peanut derivatives. Don't eat a food or product if the label has precautionary statements such as "may contain peanuts". Read ingredient lists carefully and learn to identify other names for peanuts, such as goober nuts. Do not consume a food or product if there is no ingredient list or if there is a risk that the product might have been in contact with peanuts. If there is not enough information to make a decision, you can always call to ask the company or speak to a knowledgeable person at a restaurant.



Government
of Canada

Gouvernement
du Canada

Canada

Sources of peanuts

Other names for peanuts

Arachis oil
Beer nuts
Goober nuts, and goober peas
Ground nuts
Kernels
Mandelonas, Nu-Nuts
Nut meats
Valencias

Food and products that contain or often contain peanuts

Ethnic foods, such as satay, Thai (for example, curries), Vietnamese (for example, crushed peanut as a topping, spring rolls) or Chinese (for example, Szechuan sauce, egg rolls)
Hydrolyzed plant protein and vegetable protein
Nut substitutes
Peanut butter
Peanut oil
Vegetarian meat substitutes

Other possible sources of peanuts

Almond & hazelnut paste, marzipan, nougat
Baked goods
Chili
Cereals
Desserts
Dried salad dressings and soup mixes
Icing, glazes
Snack foods, for example, trail mixes



Non-food sources of peanuts

Ant baits, bird feed, mouse traps and pet food
Cosmetics and sunscreens
Craft materials
Medications and vitamins
Mushroom growing medium
Stuffing in toys