

HOW TO READ A LABEL for a PEANUT-FREE DIET

Avoid foods that contain any of these ingredients:

beer nuts
cold pressed peanut oil
ground nuts
mixed nuts
Nu-Nuts® flavored nuts
peanut
peanut butter
peanut flour

Foods that may indicate the presence of peanut protein:

African, Chinese and Thai dishes
baked goods (pastries, cookies, etc.)
candy

chili
chocolate (candies, candy bars)
egg rolls
hydrolyzed plant protein
hydrolyzed vegetable protein
marzipan
nougat

- ◆ Studies show that most allergic individuals can safely eat peanut oil (not cold pressed peanut oil)
- ◆ Peanuts are very allergenic and can cause a life threatening anaphylactic (general body) reaction. If you are allergic to peanuts, talk to your doctor. If prescribed, carry an EpiPen® or Ana Guard® at all times.

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HOW TO READ A LABEL for a TREE NUT-FREE DIET

Avoid foods that contain nuts or any of these ingredients:

almonds
Brazil nuts
cashews
chestnuts
filbert/hazelnuts
gianduja (a creamy mixture of chocolate and chopped toasted nuts found in premium or imported chocolate)
hickory nuts
macadamia nuts
marzipan/almond paste
nougat
Nu-Nuts® artificial nuts
nut butters i.e. cashew butter
nut oil

nut paste i.e. almond paste
pecans (Mashuga nuts)
pine nuts (pinyon nuts)
pistachios
walnuts

Keep the following in mind:

- ◆ Artificial nuts can be peanuts that have been deflavored and reflavored with a nut, like pecan or walnut.
- ◆ Filberts are also hazelnuts
- ◆ Avoid natural extracts i.e. pure almond extract, use imitation or artificial flavored extracts
- ◆ Tree nuts have been used in many foods including barbeque sauce, cereals, crackers and ice cream

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* Please note that many candies like regular M+Ms and cakes like Dunkin Donuts may get the crunchy texture in their chocolate coating from nuts.*