

Food Allergy: Peanuts

It is important to know the following: A peanut allergy is different from a tree nut allergy. A peanut is actually considered a legume; like a pea or a bean! Whereas tree nuts (i.e. cashews, almonds, pecans, hazelnuts, Brazil nuts, and pistachios), are nuts that grow on trees. With this information in mind, we can note that a child could be allergic to peanuts, but not also allergic to tree nuts; or vice versa.

How to Spot Peanuts in a Food Label

1. Look for peanuts as an ingredient. Watch out for sauces - peanut butter could have been used as an additive!
2. Many people with a peanut allergy are able to safely eat foods made with highly refined peanut oil. This oil has been purified, refined, bleached, and deodorized to remove the peanut protein.
3. Unrefined peanut oil can cause an allergic reaction as it still contains the peanut protein. Characterized as extruded, cold-pressed, aromatic, gourmet, expelled or expeller-pressed.
4. Some products may use the phrase "arachis oil" - this is another term for peanut oil.

Source: American College of Allergy, Asthma, & Immunology

Watch for these phrases on labels: "Produced on shared equipment with tree nuts or peanuts." "May contain peanuts." "Made in a factory that uses nut ingredients."

High-risk foods: Cookies and other baked goods, candies, ice cream, Asian, African, and Mexican style foods, sauces.

Source: Kids Health from Nemours

