

# Avoiding peanuts when you are allergic to them

Nutrition & Dietetics Department

Information for Patients

Produced: February 2023

Review: February 2026

Leaflet number: 1374 Version: 2

## Information for patients with a peanut allergy

The advice in this leaflet is for all patients including children.

Peanuts are not a true nut but belong to the same family as peas and beans (legume).

Only a small number of people with peanut allergy also have a legume allergy and you can usually continue to eat these vegetables.

Peanuts are also known as monkey nuts, beer nuts, earth nuts, goober nuts, mandala nuts or ground nuts. They are most often eaten as a snack, as spread (peanut butter) and used in breakfast cereals, biscuits and chocolate bars, as well as ethnic foods and sauces (for example, satay sauce).

All foods containing peanut, peanut flour and unspecified nut (such as chopped or mixed nut) should be avoided.

Some people with peanut allergy may get a skin reaction to shampoo, skin creams or other toiletries which contain peanut oil or extract.

Peanut will be labelled as **Arachis hypogoea**, or **Arachis oil** on the ingredients list.

Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice

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## Foods which often contain peanuts

<b>Breakfast cereals</b>	<b>Sweets and chocolate</b>
Honey / crunchy nut cornflakes	Picnic
Honey nut shredded wheat	Snickers
Some brands of muesli / granola	Reese's pieces / cups / novelty shapes
Peanut butter flavoured porridge	Nut fudge / toffee
Harvest Morn Cocoa Peanut Butter Balls	Kitkat chunky peanut butter
Reese's Puffs	Nut M&Ms
Cap'n Crunch's Peanut Butter Crunch	Fuse
	Celebrations
<b>Biscuits / Cakes</b>	Chocolate peanuts
Peanut cookies such as Hellema	Peanut butter cups
Choc nut chip cookies	
Chewy bars	<b>Vegetarian foods</b>
Cereal bars such as Tracker, Cadbury Nuttier	Nut cutlets, nut and lentil loaf
High protein nut bars such as Nature Valley, KIND	Some veggie sausage and burgers
Flapjacks	Nut roast mix
Cakes / gateaux with nut topping	
Nakd bars	
E Wedel Bajeczny / Horalky wafer	

<b>Desserts</b>	<b>Indian / Chinese / Thai</b>
Snickers ice cream	Satay sauce / satay sticks
Chocolate nut sundaes	Stir fry dishes with nut
Ben & Jerrys – Netflix & Chill'd , Peanut Butter	Indian snacks such as bhajis, samosas
Haagen Dazs – Peanut Butter Crunch Tub and Bars	Curries: many dishes are contaminated with nuts or unrefined oils. Peanut may be used
Any peanut / chocolate peanut ice cream	Chinese foods such as. spring rolls, some sauces are thickened with peanut flour
Vegan desserts	

Others	High risk areas
Peanuts – salted / roasted / flavoured	Sweets and chocolates (Confectionery)
Savoury snacks such as Bombay mix, Bamba	Unlabelled cakes and biscuits
Tropical fruit and nut mix	Vegetarian dishes
Ready-made sauces	Indian / Chinese /Thai foods
Some luxury stuffing mixes	Chopped nut topping
Peanut butter / snickers / Reeses spread	
Marmite with peanut butter	
Ground nut oil	
Peanut oil	
Gluten free products made with peanut flour	

## Reading food labels

It is important to check the ingredients labels for peanut or unspecified mixed nut and strictly avoid these foods. The word **PEANUT** will be written clearly in bold type or larger font in the ingredients list.

If a food has no label you must ask whether it has peanut. Avoid any foods where ingredients are not known for example, at a cake sale or party food. They could contain hidden nut.

Below the ingredients list, it may say 'may contain traces of peanut or other nuts' or 'made in a factory that handles nuts'. This is used to state that a food may sometimes be contaminated with these allergens. This is rare and is unlikely to cause a reaction. You can eat these foods but as a precaution always have your medicine with you in case of mild allergic symptoms or talk to your doctor or dietitian.

Recipes and ingredients lists change often. It is important to always check the label, even if it is something you have been able to eat before.

Please also see "Nut Free" diet sheet for more information on peanut allergy.

**Contact details:** Nutrition and Dietetics Department: 0116 258 5400

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