

Avoiding peanuts when you are allergic to them

Nutrition & Dietetics Department

Information for Patients

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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. You can often 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)
- in breakfast cereals,
- as biscuits and chocolate bars,
- in ethnic foods and sauces (for example, satay sauce)

You should avoid all foods containing peanut, peanut flour and unspecified nut (such as chopped or mixed nut).

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
or call 111 for non-emergency medical advice

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Foods which often contain peanuts

Breakfast cereals	Sweets and chocolate
<ul style="list-style-type: none"> • Honey / crunchy nut cornflakes • Honey nut shredded wheat • Some brands of muesli / granola • Peanut butter flavoured porridge • Harvest Morn Cocoa Peanut Butter Balls • Reese's Puffs • Cap'n Crunch's Peanut Butter Crunch 	<ul style="list-style-type: none"> • Picnic • Snickers • Reese's pieces / cups / novelty shapes • Nut fudge / toffee • Kitkat chunky peanut butter • Nut M&Ms • Fuse • Celebrations • Chocolate peanuts • Peanut butter cups
Biscuits / Cakes	Vegetarian foods
<ul style="list-style-type: none"> • Peanut cookies such as Hellema • Choc nut chip cookies • Chewy bars • Cereal bars such as Tracker, Cadbury Nuttier • High protein nut bars such as Nature Valley, KIND • Flapjacks • Cakes / gateaux with nut topping • Nakd bars • E Wedel Bajeczny / Horalky wafer 	<ul style="list-style-type: none"> • Nut cutlets, nut and lentil loaf • Some veggie sausage and burgers • Nut roast mix
Desserts	Indian / Chinese / Thai
<ul style="list-style-type: none"> • Snickers ice cream • Chocolate nut sundaes • Ben & Jerrys. Netflix & Chill'd , Peanut Butter Cup • Haagen Dazs, Peanut Butter Crunch Tub and Bars • Any peanut / chocolate peanut ice cream • Vegan desserts 	<ul style="list-style-type: none"> • Satay sauce / satay sticks • Stir fry dishes with nut • Indian snacks such as bhajis, samosas • Curries: many dishes are contaminated with nuts or unrefined oils. Peanut may be used instead of almond in a korma • Chinese foods such as. spring rolls, some sauces are thickened with peanut flour

Others:	High risk areas:
<ul style="list-style-type: none">• Peanuts: salted / roasted / flavoured• Savoury snacks such as Bombay mix, Bamba• Tropical fruit and nut mix• Ready-made sauces• Some luxury stuffing mixes• Peanut butter / snickers / Reeses spread• Marmite with peanut butter• Ground nut oil• Peanut oil• Gluten free products made with peanut flour	<ul style="list-style-type: none">• Sweets and chocolates (Confectionery)• Unlabelled cakes and biscuits• Vegetarian dishes• Indian / Chinese /Thai foods• Chopped nut topping

Reading food labels

It is important to check the ingredients labels. The word **PEANUT** will be written clearly in bold type or larger font in the ingredients list. You should strictly avoid these foods.

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

Under 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. You can also talk to with your doctor or dietitian about this.

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 on **0116 258 5400**.

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