

PEANUT Allergen Card



Ingredients to avoid if you are allergic to peanut*:

Arachis oil
Beer nuts
Goober nuts
Groundnuts
Madelonas
Mixed nuts
Monkey Nuts
Nu-nuts
Nut pieces
Nutmeat
Peanut
Peanut butter
Peanut Brittle
Peanut Flour
Peanut Sauce
Peanut oil
(cold pressed, expelled or extruded)
Peanut sprouts
Renflakes

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Any products containing peanut or peanut derivatives must be avoided.

Seek allergy specialist advice on eating tree nuts when peanut allergic. Those allergic to peanuts are not often allergic to other legumes. However, peanut allergic individuals may also react to lupin. Lupin flour is being used more in Australian foods.

Some people without peanut allergy have also developed lupin allergy.

Products which might contain peanut include:

African dishes
Asian/Indian dishes
Biscuits
Breakfast cereals
Chocolates
Desserts
Dried fruit mixes
Gravy
Health food bars
Ice creams
Lollies
Marzipan
Mexican dishes
Nougat
Praline
Pesto
Salad/salad dressing
Satay
Sauces
Snack foods
Soup
Vegan dishes

*This is not a complete or comprehensive list of ingredients to avoid but is intended as a helpful aid for living with peanut allergy. It is NOT meant to replace medical advice given by your doctor.

Those with nut allergy generally do not need to avoid coconut and nutmeg.

Remember: Cosmetics, lotions, shampoos, moisturisers and the like can contain food allergens. Some medications (prescribed and over the counter) and alternate therapies can also contain food allergens.

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