

# 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 oil  
(cold pressed, expelled or extruded)  
Peanut sprouts  
Renflakes

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*Any products containing peanut or peanut derivatives must be avoided (eg peanut flour, sodium peanutate, and peanutamide).*

*Allergy specialists often advise peanut-allergic individuals to also avoid tree nuts. Those allergic to peanuts are not often allergic to other legumes.*  
*However, peanut allergic individuals may also react to lupin (eg lupin flour and lupini beans).*

## Products which might contain peanut include:

African dishes  
Asian/Indian dishes  
Biscuits  
Breakfast cereals  
Chocolates  
Dried fruit mixes  
Gravy  
Health food bars  
Ice creams  
Lollies  
Marzipan  
Mexican dishes  
Nougat  
Praline  
Pesto  
Salad/salad dressing  
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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# FOOD ALLERGY SAFETY

**Avoidance of the food allergen is crucial if you are food allergic.**

There are many strategies you can put in place to help reduce the risk of an allergic reaction or anaphylaxis. Strategies include:

- Plan ahead.
- Educate those around you.
- Always read the food label, even if the product has been purchased and eaten safely before.
- If there is no label and you cannot access clear information on food content, do not eat the food.
- Have a safe snack available when you go out. If you are hungry, you will be more tempted to take a risk with a non-labelled food purchase.
- Do not share straws, cups, cutlery and other food utensils.
- Call food manufacturers and ask about food labels if you are unsure about a product.
- Be extra careful when eating away from home. Whilst a particular food order may be fine to eat questions must be asked about the risk of cross-contamination during food preparation.
- Check medications, creams, cosmetics and all skin applications for the presence of food allergens.
- Check pet food for allergens (e.g. bird seed for nuts, cat food for fish)
- **ALWAYS have your Action Plan for Anaphylaxis and your adrenaline autoinjector (EpiPen® or Anapen®) with you. No Adrenaline = No Eat!**

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**Food allergy is manageable if people are well informed. Australian labelling now requires all major allergens to be clearly specified in the ingredient list.**

## MORE INFORMATION:

- **Food allergy management call 1300 728 000 or visit [www.allergyfacts.org.au](http://www.allergyfacts.org.au) and [www.allergy.org.au](http://www.allergy.org.au)**
- **Australian food labelling: [www.foodstandards.gov.au](http://www.foodstandards.gov.au) or [www.afgc.org.au](http://www.afgc.org.au) and [www.allergenbureau.net](http://www.allergenbureau.net)**
- **Get advice about a balanced diet from an Accredited Practising Dietitian. Dietitians Association of Australia website: [www.daa.asn.au](http://www.daa.asn.au).**



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