

# A Guide to Managing PEANUT ALLERGY



Peanut allergy is a common allergy among children. About 2% of children in the United States have a peanut allergy.<sup>1</sup>

## What Are Symptoms of a Peanut Allergy?

When you have a peanut allergy, you need to be aware of the symptoms of anaphylaxis. Symptoms of anaphylaxis may include hives, vomiting, or trouble breathing. The treatment for anaphylaxis is injectable epinephrine.

### Common signs and symptoms of anaphylaxis in children, teens, and adults:

- Skin rash, itching, hives
- Swelling of the lips, tongue, or throat
- Shortness of breath, trouble breathing, wheezing (whistling sound during breathing)
- Stomach pain, vomiting, or diarrhea
- Uterine cramps
- Feeling like something awful is about to happen

### Common signs and symptoms of anaphylaxis in infants and toddlers:<sup>2</sup>

- Skin rash, itching, hives
- Swelling of the lips, tongue, or throat; ear pulling, scratching or putting fingers in ears; tongue thrusting or pulling
- Coughing, wheezing, hoarse cry, noisy breathing, chest or neck tugging, nostril flaring
- Stomach pain, vomiting, diarrhea, spitting up, hiccups
- Arching back, bringing knees to the chest
- Rubbing eyes, itchy or red eyes



Kids with Food Allergies  
Asthma and Allergy Foundation of America

## How Can I Prevent Peanut Allergy Reactions?

Peanut, a legume, is a common ingredient that can be found in many types of food. Foods that may contain peanut protein include cereals, baked goods, candies, sauces, and more.

The only way to avoid an allergic reaction is to remove peanut from your diet. This includes all peanut products. But you can successfully manage your peanut allergy.

What you can do:

- Work with your doctor
- Read labels
- Be aware of cross-contact (when foods come into contact with each other and may transfer an allergen into a food that shouldn't have it)
- Communicate clearly with school staff, people who prepare your child's food, and babysitters and other caregivers

### Reading Labels

By law, food companies must label their products clearly if they contain peanuts.

When reading labels for peanuts, it may be in parentheses after an ingredient in the ingredient list. It could also be in a statement under the ingredient list. Sometimes it will be in **bold**.

For example:

- Goober peas (peanut)
- Contains: Peanut

Sometimes peanuts may appear in **bold** print in the ingredient list too. To avoid peanuts in foods

and other products, it helps to learn the different names of peanuts.

Some foods and products do not have to follow the allergy label law and may contain peanuts:

- Arts and crafts supplies
- Prescription and over-the-counter drugs
- Cosmetics and personal care items (such as, makeup, lotions, and soaps)
- Alcohol
- Toys
- Pet food
- Food served in restaurants, cafeterias, or by other food service providers

Most states in the U.S. do not have regulations regarding food allergies and restaurants. Ingredients in restaurant foods may vary. Cross-contact is also more likely. Look for places that have food allergy policies and allergy menus. Give the staff a chef card that alerts them to your allergy and lists peanut.

### Is Peanut Oil Safe for Peanut Allergy?

The labeling law does not require peanut oil to be labeled as an allergen. Studies show highly refined, distilled oils can be safely eaten by people with food allergies. But peanut oil that is expeller pressed, extruded, or cold pressed does contain peanut protein and must be clearly listed on an ingredient label as "peanut." These types of peanut oil should be avoided by people with peanut allergy.



**If a food item does not have a label, you can't read it, or you have any doubts, don't eat it. Always read the entire label every time. Food companies may change their recipes.**

## Does My Child Need to Avoid Food Related to Peanut?

Cross-reactivity occurs when the proteins in one allergen are similar to the proteins in another and your body's immune system sees them as the same. Ask your child's allergist about avoiding these foods.

If your child has birch or grass pollen allergies, they may react to peanut if they have pollen food allergy syndrome (PFAS).

Peanuts are legumes. It is common for people with peanut allergy to test positive to another legume (soy, lentils, other beans) on allergy tests. But it is likely a false positive because 95% can safely eat other legumes. The exception to this may be lupin. People who are allergic to peanuts may have a greater chance of being allergic to lupin (or lupine, lupini).

Peanuts are not related to tree nuts. But your allergist may have your child avoid them all because of possible cross-contact or because they are too young to tell the difference between peanuts and nuts.



Kids with Food Allergies has many resources to help you manage food allergies. Search our Safe Eats® Allergy-Friendly Recipes Collection of almost 1,500 member-submitted recipes at: [kidswithfoodallergies.org/recipes](https://kidswithfoodallergies.org/recipes)

### References

1. Sicherer SH, Muñoz-Furlong A, Godbold JH, Sampson HA. US prevalence of self-reported peanut, tree nut, and sesame allergy: 11-year follow-up. *J Allergy Clin Immunol*. 2010 Jun;125(6):1322-6. doi: 10.1016/j.jaci.2010.03.029. Epub 2010 May 11. PMID: 20462634.
2. Pistiner, M., Mendez-Reyes, J. E., Eftekhari, S., Carver, M., Lieberman, J., Wang, J., & Camargo, C. A. (2021). Caregiver-reported presentation of severe food-induced allergic reactions in infants and toddlers. *The Journal of Allergy and Clinical Immunology: In Practice*, 9(1). doi: org/10.1016/j.jaip.2020.11.005
3. American College of Allergy, Asthma & Immunology. (2022, June 21). Peanut. <https://accai.org/allergies/allergic-conditions/food/peanut/>



Sign up for KFA's community to stay up to date on peanut allergy news: [kidswithfoodallergies.org/join](https://kidswithfoodallergies.org/join)

## Will My Child Outgrow Their Peanut Allergy?

Peanut allergy is usually life-long. Studies show that about 20% of children diagnosed with peanut allergy will outgrow it.<sup>3</sup> (This means one out of five kids will have their peanut allergy resolve.)



## Is There a Treatment for Peanut Allergy?

There is currently one FDA-approved treatment for peanut allergy. It is a standardized oral immunotherapy (OIT). Many allergists have also been offering OIT treatment using different methods that are not approved by the FDA. Talk with your child's allergist about the most appropriate option for your child.



# PEANUT INGREDIENT LIST



**Peanut can appear on food labels under many different names. To avoid peanut in foods and other products, it helps to learn the different names of peanut. If you see these ingredients on a label or menu, it means it contains peanut protein and is not safe for someone with peanut allergy. If the product is regulated by the Food and Drug Administration (FDA), the word “peanut” must appear on the label.**

## Contains Peanut

**Arachic oil**

**Arachis**

**Arachis hypogaea**

**Artificial nuts**

**Beer nuts**

**Boiled peanuts**

**Cold pressed, extruded or expelled peanut oil**

**Crushed nuts, crushed peanuts**

**Earth nuts**

**Goober peas**

**Ground nuts, ground peanuts**

**Hydrolyzed peanut protein**

**Mandelonas**

**Mixed nuts**

**Monkey nuts**

**Nu nuts flavored nuts**

**Nut pieces**

**Nutmeat**

**Peanuts, peanut butter, peanut butter chips, peanut butter morsels**

**Peanut flour**

**Peanut paste**

**Peanut sauce, peanut syrup**

**Spanish peanuts**

**Virginia peanuts**

## Peanut Is Sometimes Found in

**Artificial flavoring**

**Baked goods** (such as cookies, cakes, and pies)

**Candy**

**Chili**

**Chocolate**

**Crumb toppings**

**Egg rolls**

**Enchilada sauce**

**Ethnic foods:** African, Asian, Chinese, Indian, Indonesian, Thai, Vietnamese, Mexican

**Fried foods**

**Flavoring**

**Glazes**

**Graham cracker crust**

**Grains** (such as Muesli cereal)

**Hydrolyzed plant protein**

**Hydrolyzed vegetable protein**

**Ice cream, ice cream sundaes, parfaits**

**Marinades**

**Marzipan**

**Mole sauce**

**Natural flavoring**

**Nougat**

**Pet food**

**Pudding**

**Sauces** (such as chili sauce, hot sauce, pesto, gravy, mole sauce, and salad dressing)

However, if the food is regulated by the FDA, the word “peanut” must appear on the label.

## May Not Be Safe

**Lupin, lupine, lupini, lupinus albus** – Lupine is a legume that cross-reacts with peanut at a high rate and may cause symptoms in some people with peanut allergy. It does not fall under the labeling requirements of FALCPA. Lupine is also known as lupinus albus and can be found in seed or flour form. Lupine is becoming more popular in gluten-free and vegan food. If you have a peanut allergy, ask your allergist if you should avoid lupine.





# PEANUT ALLERGY Chef Cards

Take all food allergies seriously. • Read all ingredient labels.

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When you eat out, use these chef cards to let the restaurant staff know how to help you avoid allergic reactions to peanut.

**I have a peanut allergy!**  
**I must avoid all foods that contain peanut.**

**Contains Nuts**

Arachic oil	Goober peas	Peanuts, peanut
Arachis	Ground nuts, ground	butter, peanut
Arachis hypogaea	peanuts	butter chips,
Artificial nuts	Hydrolyzed peanut	peanut butter
Beer nuts	protein	morsels
Boiled peanuts	Mandelonas	Peanut flour
Cold pressed,	Mixed nuts	Peanut paste
extruded or	Monkey nuts	Peanut sauce, peanut
expelled peanut oil	Nu nuts flavored nuts	syrup
Crushed nuts,	Nut pieces	Spanish peanuts
crushed peanuts	Nutmeat	Virginia peanuts
Earth nuts		

**Peanut is Sometimes Found in**

Artificial flavoring	Fried foods	Marzipan
Baked goods	Glazes	Natural flavoring
Candy, chocolate,	Grains	Pudding
nougat	Hydrolyzed plant	Sauces
Chili	protein	
Ethnic foods	Hydrolyzed vegetable	<b>Ask your doctor</b>
	protein	<b>before eating:</b>
	Ice cream	<b>Tree nuts and lupine</b>
	Marinades	<b>or lupinus albus</b>

Please check all foods for the ingredients on this card, including cooking oils, marinades, sauces, and seasonings. Use separate and clean utensils, equipment, surfaces, and gloves.

**KFA** Kids with Food Allergies For more detailed information and a list of resources, please visit: [kidswithfoodallergies.org/peanut](http://kidswithfoodallergies.org/peanut)  
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**CHEF: FOOD ALLERGY ALERT**

**I have food allergies!**  
In order for me to avoid an allergic reaction, I **must avoid** all food that contain:

<input type="checkbox"/> Milk	<input type="checkbox"/> Egg	Other Allergens:
<input type="checkbox"/> Peanut	<input type="checkbox"/> Tree Nuts	_____
<input type="checkbox"/> Wheat	<input type="checkbox"/> Gluten	_____
<input type="checkbox"/> Sesame	<input type="checkbox"/> Soy	_____
<input type="checkbox"/> Fish	<input type="checkbox"/> Shellfish	_____

**Before preparing my food, please take these steps to help keep me safe. I appreciate you!**

- Read labels to look for the allergens listed on the front of this card. Please check all foods including cooking oils, marinades, sauces and seasonings.
- Please use separate and clean utensils, equipment and surfaces to prepare my meal.
- Wash hands with soapy water and change gloves.

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