

# Peanut Allergy Avoidance List

## Hidden Names for Peanuts

Compiled by Debra A. Indorato RD, LDN, member of KFA's Medical Advisory Team

Foods covered by the FDA labeling laws that contain peanuts must be labeled in plain English to declare that it "contains peanuts." However, there are many foods and products that are not covered by FDA allergen labeling laws, so it is still important to know how to read a label for peanut ingredients.

Products exempt from plain English labeling rules: foods that are not regulated by the FDA ([tinyurl.com/KFA-FALCPA](http://tinyurl.com/KFA-FALCPA)), cosmetics and personal care products, prescription and over-the-counter medications or supplements, pet food, toys and crafts.



### CONTAIN PEANUT

The following ingredients found on a label indicate the presence of peanut protein. All labels should be read carefully before consuming a product, even if it has been used safely in the past.

**Arachic oil**

**Arachis**

**Arachis hypogaea**

**Artificial nuts**

**Beer nuts**

**Boiled peanuts**

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

**Crushed nuts, crushed peanuts**

**Dry roasted peanuts**

**Earth nuts**

**Goober peas**

**Goobers**

**Ground nuts, ground peanuts**

**Hydrolyzed peanut protein**

**Hypogaeic acid**

**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**

**Peanuts sauce, peanut syrup**

**Spanish peanuts**

**Virginia peanuts**

### MAY CONTAIN PEANUT

**Artificial flavoring**

**Baked goods**

**Candy**

**Chili**

**Chocolate**

**Crumb toppings**

**Egg rolls**

**Enchilada sauce**

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

**Fried foods**

**Flavoring**

**Graham cracker crust**

**Hydrolyzed plant protein**

**Hydrolyzed vegetable protein**

**Marzipan**

**Mole sauce**

**Natural flavoring**

**Nougat**

### MAY NOT BE SAFE

Lupine is a legume that cross-reacts with peanut at a high rate and should be avoided by peanut allergic patients. 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.

### MAY BE SAFE, BUT ASK YOUR ALLERGIST

Peanuts and soybean are in the legume family which includes beans and lentils. Five percent of children allergic to peanuts may react to other legumes. Many years ago, it was common to recommend avoidance of legumes, including soy, because of a peanut allergy but this practice has been proven unnecessary. Ask your allergist what is best for your child.

Some allergy experts advise those allergic to peanuts to avoid all tree nuts. Ask your allergist what is best for your child.

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### TAKE ALL FOOD ALLERGIES SERIOUSLY ■ TRACE AMOUNTS OF FOOD CAN CAUSE A REACTION

The following ingredients found on a label indicate the presence of peanut. All labels should be read carefully before consuming a product, even if it has been used safely in the past. Print and share copies of this list to assist people who shop or label read for your peanut allergic child.

Products exempt from plain English labeling rules: foods that are not regulated by the FDA ([tinyurl.com/KFA-FALCPA](http://tinyurl.com/KFA-FALCPA)), cosmetics and personal care products, prescription and over-the-counter medications or supplements, pet food, toys and crafts.

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