

PEANUT ALLERGY DIET

AVOID ALL SOURCES OF PEANUTS

If your child has a peanut allergy, he must avoid all sources of peanut protein. Read labels on food products carefully. There may be new food products on the market that may not appear to have peanuts in them yet are made from peanuts. These products contain peanuts that are deffavored, reffavored, pressed, and sold as almonds, walnuts, and other nuts.

Although occasional reports of allergic reactions to peanut oil are reported, most doctors believe that highly refined peanut oil is safe to use. It's safe because the protein is removed during the processing.

However, if you use peanut oil, some caution may be necessary. Cold-pressed expelled or extruded peanut oil may contain peanut protein and cause a reaction. Always check the manufacturer of the peanut oil and be sure it's a reputable one. The quality controls of some foreign manufacturers are not as good as quality controls in the US. Also, remember that reused frying oil, contains protein from foods previously cooked in that .

READ FOOD LABELS

Knowing how to read a food label will help you avoid problems caused by **peanuts** in foods.

Terms that mean the product **does** contain peanut protein:

artificial nuts	Nu-Nuts flavored nuts
beer nuts	peanut butter
ground nuts	peanut flour
mandelonas	peanut oil (cold pressed, extruded, or expelled)
mixed nuts	nut pieces
mixed nuts	peanut

Terms that **may** mean the product contains peanut protein:

African, Chinese, Indonesian, Mexican, Thai, and Vietnamese dishes	enchilada sauce
baked goods (pastries, cookies, etc.)	flavorings (natural and artificial)
candy (including chocolate candy)	marzipan
chili	nougat
egg rolls	sunflower seeds

- Studies show that most people allergic to peanuts can safely eat peanut oil as long as it is NOT cold pressed, expelled, or extruded peanut oil.
- Arachis oil is peanut oil.

USE PEANUT SUBSTITUTES

Children who are allergic to peanuts, which grow underground, are sometimes not allergic to nuts that grow on trees. Check with your doctor first to be sure your child can safely eat tree nuts. You may be able to use pecans, walnuts, or almonds in baked goods.

Peanuts are a good source of chromium, magnesium, manganese, niacin, and vitamin E. They also provide some biotin, copper, folacin, phosphorus, potassium, and vitamin B6. Many other foods, including other legumes and whole grains, provide these nutrients.