

# **Peanut Allergy Information**

## **Avoid foods with the following ingredients:**

Beer nuts, cold-pressed peanut oil, ground nuts, mixed nuts, Nu-Nuts, Flavored nuts, peanuts, peanut butter, peanut flour.

## **Common foods that may contain peanuts or peanut protein:**

African, Chinese, Indonesian, Thai, and Vietnamese dishes, baked goods such as cookies, pastries, candy, chili, chocolate, egg rolls, hydrolyzed vegetable protein, marzipan, nougat.

## **Tips to Remember:**

While peanuts and tree nuts such as almonds, cashews, pecans, walnuts, etc., are not related foods, the potential for cross-contamination is high. This means that where tree nuts are found, peanuts are also commonly found. It is a good idea to avoid all nuts if you are peanut allergic!

**\*\*Remember to eliminate peanuts from your diet and read all labels carefully!**