

# Food Allergy

## Peanuts

KAISER PERMANENTE • HEALTH EDUCATION DEPARTMENT



### Peanut Allergy

#### What is it?

For those with peanut allergy, the immune system reacts to the protein in the peanut causing side effects that can range from unpleasant to life-threatening. Severity of symptoms depends on the sensitivity of the individual and the quantity of peanut protein consumed.

#### Common Symptoms

Hay fever, itchy watery eyes, runny/stuffy nose, sore throat, fever, headache, body aches, wheezing, coughing, skin rash, eczema, nausea, vomiting, diarrhea, and difficulty breathing.

If you experience difficulty breathing, call 911 or go to the nearest emergency room. Call a medical professional if other less severe symptoms are unrelieved.

#### Treatment

Strict avoidance of peanuts and peanut containing foods is the only way to treat this allergy. With planning and caution you can avoid peanut products and still eat without the worry of having a reaction.

*See reverse side for information.*

#### Check food labels and avoid foods that contain the following:

- Artificial nuts
- Beer nuts
- Mixed nuts
- Goobers
- Ground nuts
- Monkey nuts
- Nut pieces
- Nut meat
- Peanut butter
- Peanut flour
- Peanut protein hydrolysate
- Madelonas
- Cold pressed, expeller pressed, and extruded peanut oil and arachis oil

#### Unexpected sources:

- Marzipan
- Nougat
- Sauces: chili sauce, hot sauce, pesto, gravy, mole sauce, salad dressing, enchilada sauce
- Sweets: pudding, baked goods, hot chocolate, candy
- Egg rolls
- Potato pancakes
- Sunflower seeds
- Pet food
- Specialty pizzas
- African, Mexican, and Asian dishes
- Vegetarian food products
- Nut butters
- Glazes and marinades
- Cross contamination of peanuts in ice cream parlors that may use the same utensils for peanut-containing products as they do for other items

**Health Education strives to improve the total health of our members and the communities we serve. We encourage you to be an active partner in managing medical conditions, preventing disease and promoting health.**

### **Know what is in your food products**

Check all labels carefully and contact the manufacturer if you have any doubts or concerns about a product. Food products are often processed on the same equipment as other products that contain peanut ingredients. Do not always assume a safe food item will remain safe. Keep checking product labels.

### **Talk to your doctor**

Discuss with your primary care physician whether to avoid tree nuts in general. Sometimes people with a peanut allergy develop allergies to tree nuts.

This information is not intended to diagnose a peanut allergy. Please consult with your doctor for medical advice.



## **Additional tips**

**It is highly advised to keep peanut containing products out of the home. If you choose to keep peanut products in the home consider the following:**

- Cook allergen free meals first. Then keep it covered and away from possible splatter caused by peanut containing foods cooking.
- Wash hand with soap and water before serving the allergen free meal.
- Buy extra cutting boards for allergen free foods only.
- Use designated dishware or disposable dishware for allergen free meals.
- Alcohol based sanitizer is not effective at removing peanut proteins. Use soap and water followed by commercial cleaning agents.

**For more information please visit:**

**[www.foodallergy.org](http://www.foodallergy.org)**