

## **Peanut- Free-from Diet Instructions**

Please use this diet sheet under the supervision of a registered dietitian

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### **Peanut Allergy**

Peanuts are legumes. Peanuts and soy are the most allergenic of the family *Leguminosae*, which contains over 30 species, including fresh and dried peas, fresh and dried beans, all types of lentils, soya beans, carob, and licorice. Research studies indicate that symptomatic reactivity to more than one member of the legume family is rare. Because a person is allergic to peanut and/or soy, it does not follow, therefore, that the person will also be allergic to other members of this family. Reactions to peanut, soy, and other legumes are managed as separate allergies.

Peanuts are one of the most frequently cited causes of life threatening anaphylactic reactions. Once a person has had an anaphylactic reaction to peanuts, extreme caution must be exercised to avoid all sources of peanut.

Peanuts are unrelated botanically to nuts that grow on trees. Most people experience no difficulties eating a variety of tree nuts, such as walnuts, pecans, Brazil nuts, almonds, cashew nuts, hazelnuts, and macadamia nuts. However, because tree nuts also are highly allergenic foods, any difficulties encountered are often strong allergic reactions, including anaphylaxis. An allergy to nuts should be distinguished from an allergy to peanut or other legumes; otherwise the diet can become stressful and cumbersome if all traces of peanuts are avoided, as well as all traces of other nuts.

#### **WARNING**

Sometimes no differentiation is made in marketing peanuts and other nuts, and the two are sold together in "nut mixtures". A less obvious problem is the contamination that can occur in the processing or marketing of nuts and nut containing products. Utensils used to handle "bulk nuts" may have been previously used with peanuts without intervening cleaning. In the manufacture of candies, confectioneries, and ice creams, cross contamination occurs between nuts and peanuts. As a result, persons with severe peanut allergy should be advised to avoid any product containing any type of "nuts" because of the danger of encountering peanuts inadvertently.

"Mandalona" nut is one of the names given to a manufactured product made from de-flavored, de-colored peanut meal that is pressed into molds, re-flavored and colored, and sold as a substitute for tree nuts such as almonds, pecans, and walnuts. Persons with peanut allergy must be warned about such products. One manufacturer of such a peanut product is Nu-nuts Flavored Nuts Co., Division of Seabrook Blanching Corp., Tyrone, PA, USA.

#### **Symptoms of Peanut Allergy**

Symptoms reported to be due to peanut allergy include urticaria, angioedema, wheezing, asthma, vomiting, rhinorrhea, itching, nausea, allergic conjunctivitis, and anaphylaxis. Contact dermatitis and urticaria from direct peanut contact have also been reported. As it is uncommon to lose reactivity to peanuts, the allergy is considered to be lifelong.

Studies have indicated that peanut allergic adults can tolerate pure peanut oil without clinical reactions. In fact, this is true of any pure vegetable oil for persons allergic to the particular source of the oil. The allergic reactivity occurs to the protein but not to the oil. However, because traces of the protein may contaminate the oil, individuals who are anaphylactic to peanut, or to any another plant, should be cautioned to avoid oil derived from the allergenic plant.

#### **Symptoms of Peanut Allergy**

The most common symptoms of peanut allergy include: hives, tissue swelling, wheezing, asthma, vomiting, runny nose, itching, nausea, and eye irritation.

**Peanuts are one of the most frequently cited causes of life threatening anaphylactic reactions. If a person has been diagnosed as anaphylactic to peanuts, extreme caution must be exercised in avoiding all sources of peanut. Reactivity to peanuts is usually lifelong.**

## **Peanut Oil**

Pure peanut oil is non-allergenic and will not cause an allergic reaction. However, there is a good chance that the oil is contaminated with peanut protein in its manufacture, so peanut allergic persons, especially those who have experienced an anaphylactic reaction, are advised to avoid peanut oil also.

## **Feeding the Peanut Allergic Infant**

Protein from peanuts in the mother's diet can pass into the breast milk and cause allergic symptoms in the breast-fed infant.

If the breast-fed infant is allergic to peanut protein, the elimination of all peanut and peanut containing products from the mother's diet should be beneficial. If peanut elimination only partially eases the infant's distress, exposure diaries carefully kept by the mother may isolate other possible dietary or medication irritants.

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## **Peanut - Free Diet Sheet**

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	<b>Foods Allowed</b>	<b>General Foods Restricted</b>
<b>Milk and Dairy:</b>	All milk and milk products are allowed in a peanut free diet unless prepared or combined with peanuts Butter Milk Cream Plain yoghurt (made with allowed ingredients) Ice cream (made with allowed ingredients) Plain cheese Sour cream Dips (made with allowed ingredients)	None unless nuts or oils have been added to the product. Chocolate products Ice cream Milk - cow's milk formula
<b>Bread and Cereal:</b>	Breads, buns or baked goods (made without peanut oil or products)  Plain cooked grains Plain oatmeal Ready-to-eat cereals (without added oils or nuts) Corn flakes Granola (without peanut) Dried pasta	Commercial or home-made baked goods, containing peanut oil, peanuts or undisclosed nuts and oils) Biscuits / Cookies Bread (seeds, spice, health) Breakfast cereal Cereal Mixes
<b>Vegetables:</b>	All vegetables and their juice extracts are allowed in a peanut free diet unless prepared or combined with peanuts.	Vegetable dishes made with or combined with peanuts, peanut oil or peanut sauces Burger (vegetable)
<b>Legumes:</b>	All pure legumes other than peanuts e.g., soya beans Tofu Miso	Legume dishes (prepared with peanuts, peanut oil and peanut sauces) Peanut butter
<b>Fruit:</b>	All fruit and their juice extracts are allowed in a peanut free diet unless prepared or combined with peanuts	Fruit dishes made with oil or shortening or nuts and peanuts or nuts of unknown origin
<b>Meat, Poultry &amp; Fish:</b>	All plain, fresh or frozen meat, poultry and fish are allowed, unless they are prepared or combined with peanut or peanut products like bread crumbs and batters. Fish canned in broth, water or non-peanut oils	Meat, poultry and fish dishes prepared or combined with peanut or peanut products or undisclosed nuts or oils Egg roll

<b>Nuts &amp; Seeds:</b>	All packaged plain, pure nuts and seeds All pure tree nut and seed oils and their butters Sesame butter Tahini butter Almond butter Almond paste Cashew butter	Peanuts Nuts Nuts (reflavoured)
<b>Fats &amp; Oils:</b>	Pure vegetable, nut or seed oil with source identified (other than peanut oil)  Lard and meat dripping Gravy made with meat dripping	Baby oils Margarine Massage oil Peanut oil / Arachis oil Salad dressing Salad oil
<b>Spices &amp; Herbs:</b>	All pure and blended herbs and spices without added oils	
<b>Miscellaneous:</b>	Plain sugar Honey Molasses Maple syrup Corn syrup Pure baking chocolate Cocoa Artificial sweetener Homemade cookies and candies (prepared with allowed ingredients)	African dishes Chinese dishes Thai dishes Vietnamese dishes Batter / Battered food Satay sauce Soup Soup (flavouring) Soup (packet mix)
	<b>Unreferenced Sources / Other:</b>	Sweets / Candy Cheese (especially slices, dips and spreads) Chocolate (uncommon) Commercial chili Ice-cream with added oils or nuts of undisclosed origin Packed garlic in oil (undisclosed source) Packed sun-dried tomatoes in oil (undisclosed source) Seasoning packets with undisclosed oils

**Ingredient terms to avoid on labels**

- Emulsifier (uncommon)
- Flavourant
- Oriental sauce
- Peanut
- Peanut butter

**Label Alerts**

Check labels for production line contamination. Avoid foods with vague label information and undisclosed sources of nuts and oils.

CHECK LABELS ON ALL PROCESSED FOODS - if a food label is absent, unclear or vague it is best to avoid it. Read all labels, even familiar brands, as manufacturers may change suppliers or ingredients.

See <http://AllAllergy.net> - Food Alerts, and, <http://www.safetyalerts.com>

**Substitutes**

Although some clinicians state that those allergic to peanuts are not generally allergic to tree nuts and these can be used as substitutes in a peanut free diet. because of the high number of peanut-allergic individuals who are also allergic to tree nuts. patients should first be assessed for allergy to tree nuts before making this recommendation.

### **Reminders**

Medic Alert?

Cross reactivity ?

It is important to be very aware of peanut cross contamination during food preparation especially in restuarants and preprepared foods.

### **Free-from Recipes and Related Information**