

## Dietary avoidance – peanut and tree nut allergy

Peanuts and tree nuts can be found in a variety of foods and often in foods we do not suspect, such as cereal or muesli bars, breakfast cereals and bakery items. Avoiding peanuts and tree nuts is recommended for individuals with confirmed nut allergy. Therefore, it is important to read and understand food labels to choose appropriate foods.

**The following ingredients CONTAIN peanut and tree nuts and should be avoided:**

Almonds	Macadamia nuts	Peanut
Almond paste	Macaroons	Peanut butter
Almond meal	Madelonas	Peanut brittle
Arachis oil	Marzipan	Peanut flour
Artificial nuts	Mixed nuts	Peanut oil
Beer nuts	Monkey nuts	Peanut sauce
Brazil nuts	Natural nut extract	Peanut sprouts
Carponata	Non-gai nuts	Pecan/mashuga nuts
Cashews	Nougat	Pine nuts/Indian nuts
Dukkah	Nu-nuts	Pistachio
Goober nuts	Nut flavoured alcoholic	Pralines
Groundnuts	liqueurs and syrups	Satay
Hazelnuts/filberts	Nutmeat	Walnuts
Hickory nuts	Nut paste, butter or spreads	

**Check labels on the following foods to see if they contain peanut and tree nuts and if they do, avoid them:**

African dishes	Flavourings (natural or artificial)	Nut based alcoholic beverages (e.g. Amaretto, Frangelico)
Asian/Indian dishes	Flavoured coffees, drinks	Nut oils
Baked goods	Frozen desserts	Nut pastes or spreads
Baklava	Fried foods (peanut oil)	Pasta sauces
Biscuits, cookies	Fudge	Pastries
Breads and buns	Gravy	Pesto
Breakfast cereals	Health food bars	Praline
Cakes, slices	Hydrolysed/textured vegetable protein	Salad/salad dressing
Chocolates	Ice cream	Sauces
Chocolate spreads	Lollies	Snack foods
Confectionary/some Indian confectionary	Marzipan	Soup
Crackers	Mexican dishes	Stuffing
Dips	Nougat	Takeaway/restaurant food
Dried fruit mixes/trail mix		Turkish delight
		Vegetarian or vegan

### Note:

- Most individuals with peanut allergy can tolerate other legumes such as beans, pulses, peas and lentils. Nutmeg, water chestnut and coconuts are **not** related to peanuts and are allowed in the diet if the individual is not allergic to these.
- Highly refined peanut oils are unlikely to cause a reaction in those with a peanut allergy. Avoid peanut oil which is cold pressed, expressed or expelled.
- Peanut oil can be present in cosmetics, shampoos and moisturisers. Ingredient names include arachis oil, sodium peanutate and peanutamide. Highly allergic individuals should avoid products with these ingredients.
- "May contain traces of peanuts or tree nuts" on a label indicates that the food may be made in a facility that makes other foods containing peanuts or tree nuts, or that the raw ingredients may have a chance of being contaminated with peanuts or tree nuts, however the food may not contain peanuts or tree nuts as an intentional ingredient. The patient should discuss with their allergy specialist the need to avoid such foods.
- Unlabelled food or food consumed outside the home generally poses a much higher risk than food labelled as possibly containing traces. Discuss what to do about these foods with your allergy specialist.
- Prepared food that is not labelled (such as those from cake shops, food malls and restaurants) may contain or be contaminated with peanuts or tree nuts.
- While nuts can look and taste similar, it is possible to be allergic to only one nut or to more than one nut. Discuss what to do about these other nuts with your allergy specialist.

**The food lists included in this document are not exhaustive. Individuals with food allergy should always check foods labels each time products are purchased.**

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### Disclaimer

Dietary avoidance should only be undertaken if there is a medically confirmed food allergy. Please check with your medical specialist to ensure this educational information is appropriate to you. This document has been developed and peer reviewed by ASCIA members and is based on expert opinion and the available published literature at the time of review. Information contained in this document is not intended to replace medical advice and any questions regarding a medical diagnosis or treatment should be directed to a medical practitioner. The development of this document is not funded by any commercial sources and is not influenced by commercial organisations.

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