

## **How to Read a Label for a Peanut-Free Diet**

All FDA-regulated manufactured food products that contain peanut as an ingredient are required by U.S. law to list the word “peanut” on the product label.

### **Avoid foods that contain peanuts or any of these ingredients:**

Artificial nuts

Beer nuts

Cold pressed, expeller pressed, or extruded peanut oil

Goobers

Ground nuts

Mixed nuts

Monkey nuts

Nut pieces

Nutmeat

Peanut butter

Peanut flour

Peanut protein hydro lysate

### **Peanut is sometimes found in the following:**

African, Asian (*especially Chinese, Indian, Indonesian, Thai, and*

*Vietnamese*), and Mexican dishes

Baked goods (*e.g., pastries, cookies*)

Candy (*including chocolate candy*)

Chili

Egg rolls

Enchilada sauce

Marzipan

Mole sauce

Nougat

- Sunflower seeds are often produced on equipment shared with peanuts.
- Arachis oil is peanut oil.
- Many experts advise patients allergic to peanuts to avoid tree nuts as well.