



## Dietary Guide - Peanut Allergy

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Peanuts can be found in a variety of foods including cereals, muesli bars, and bakery items. Avoiding peanut is essential for people with confirmed peanut allergy.

### The following foods **CONTAIN** peanut and should be avoided:

|             |                |                |
|-------------|----------------|----------------|
| Arachis oil | Monkey nuts    | Peanut flour   |
| Beer nuts   | Nu-nuts        | Peanut oil     |
| Goober nuts | Nutmeat        | Peanut sauce   |
| Groundnuts  | Peanut         | Peanut sprouts |
| Madelonas   | Peanut butter  | Satay          |
| Mixed nuts  | Peanut brittle |                |

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

|   |                                       |                          |
|---|---------------------------------------|--------------------------|
| African dishes                          | Dukkah                                | Pastries                 |
| Asian/Indian dishes                     | Flavourings (natural or artificial)   | Pesto                    |
| Baked goods                             | Fried food (peanut oil)               | Praline                  |
| Biscuits                                | Gravy                                 | Rocky road               |
| Breakfast cereal                        | Health food bars                      | Salad/salad dressing     |
| Cakes, slices                           | Hydrolysed/textured vegetable protein | Sauces                   |
| Chocolates                              | Ice cream                             | Snack foods              |
| Chocolate spreads/paste                 | Marzipan                              | Soup                     |
| Confectionary/some Indian confectionary | Mexican dishes                        | Stuffing                 |
| Curry paste                             | Nougat                                | Takeaway/restaurant food |
| Crackers                                | Pasta sauces                          | Vegetarian foods         |
| Dried fruit mixes/trail mix             |                                       |                          |

Most people with peanut allergy can tolerate other legumes such as beans, pulses, peas and lentils. Nutmeg, water chestnuts and coconuts are not related to peanuts.

Highly refined peanut oils are unlikely to cause a reaction in people with a peanut allergy. Avoid peanut oil which is cold pressed, expressed or expelled.

Peanut oil can be in cosmetics, shampoos and moisturisers. Ingredient names include arachis oil, sodium peanutate and peanutamide. People that are highly allergic should avoid products with these ingredients.

"May contain traces of peanuts" on a label indicates that the food is made in a facility that makes other foods containing peanuts. The raw ingredients may be contaminated with peanuts, however the food does not have peanuts as an ingredient. A clinical immunology/allergy specialist will advise if these foods should be avoided.

Unlabelled food and food consumed outside the home has a higher allergy risk than food labelled as possibly containing traces of peanuts.

Prepared unlabelled food (such as those from cake shops, food malls and restaurants) may contain or be contaminated with peanuts.

**These food lists are not exhaustive. People with food allergy should check food labels each time products are purchased.**

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For more information go to [www.allergy.org.au/patients/food-allergy](http://www.allergy.org.au/patients/food-allergy) and

[www.allergy.org.au/patients/food-other-adverse-reactions](http://www.allergy.org.au/patients/food-other-adverse-reactions)

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