

Peanut Allergy Fast Facts



Visit <https://www.allergy.org.au/patients/food-allergy>
for free resources about food allergy.


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Fast Facts

Peanut Allergy

- 1** Peanut allergy is common and affects around 3% of children. In some cases trace amounts of peanuts can trigger symptoms.
- 2** Someone who is allergic to peanut is not always allergic to tree nuts. This is because the proteins in peanut are very different to those in tree nuts, such as almonds, cashews, hazelnut, macadamia, pecans, pistachios and walnuts.
- 3** Allergic reactions to peanut (or other foods), range from mild to severe. Mild to moderate symptoms of food allergy include swelling of face, lips and/or eyes, hives or welts on the skin, stomach (abdominal) pain and vomiting.
- 4** Peanuts are one of the most common foods that cause life threatening severe allergic reactions (anaphylaxis). Symptoms of anaphylaxis to peanut (or other foods), include any of the following; difficult/noisy breathing, swelling of the tongue, swelling/tightness in the throat, difficulty talking/hoarse voice, wheeze or persistent cough, persistent dizziness and/or collapse. Young children may become pale and floppy.
- 5** Food labelling laws in Australia and New Zealand require that any product containing peanut must be clearly labelled. It is important to check the labels of all foods before purchase.
- 6** When eating out with peanut allergy some simple precautions include; contacting the restaurant, café or home cook in advance to let them know of the food allergy, telling restaurant staff about the peanut allergy on arrival, and asking about peanut in the food that is ordered, rather than relying on menu descriptions as dips or sauces may have peanuts in them.
- 7** If an adrenaline (epinephrine) autoinjector has been prescribed the person with allergy should have it with them at all times.
- 8** Under the supervision of a clinical immunology/allergy specialist and supportive contacts, people with allergy to peanuts can learn to manage their allergies. Having adrenaline autoinjectors offers reassurance, but it is not a substitute for strategies to minimise the risk of exposure to allergen triggers.

More information:

www.allergy.org.au/patients/food-allergy/peanut-tree-nut-and-seed-allergy
www.allergy.org.au/patients/food-allergy/ascia-dietary-avoidance-for-food-allergy

Other Fast Facts:

www.allergy.org.au/patients/fast-facts

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ASCIA Fast Facts have been developed from ASCIA information, based on published literature and expert review

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