

# **Peanut Allergy**

A peanut allergy is an overreaction of the body's immune system to peanut protein. All peanut and peanut products must be excluded from the diet. This is one of the most common allergies that leads to anaphylaxis, so it is extremely important that all sources of peanut be avoided.

## **Symptoms**

- Skin: hives, swelling of face, lips and tongue, atopic dermatitis
- Respiratory: throat tightness, nasal congestion, asthma
- Gut: vomiting, diarrhea, pain
- Anaphylaxis

## **Dietary Recommendations**

Exclude from the diet:

- Artificial nuts
- Beer nuts
- Cold, pressed, expelled, or extruded peanut oil
- Goober nuts
- Goober peas
- Ground nuts
- Mandalona nuts
- Monkey nuts
- Mixed nuts
- Nut pieces
- Peanut
- Peanut butter
- Peanut flour

Foods that may contain peanut protein:

- African, Chinese, Indonesian, Thai, and Vietnamese dishes
- Baked goods (pastries, cookies, etc)
- Candy
- Chili
- Chocolate (candies, candy bars)
- Egg rolls
- Hydrolyzed plant protein
- Hydrolyzed vegetable protein
- Ice cream
- Marzipan
- Natural flavorings
- Nougat
- Sunflower seeds

