



simply healthy

from your Hannaford Dietitian

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 hydrolysate

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

Keep in mind:

- Mandelonas are peanuts soaked in almond flavoring.
- The FDA exempts highly refined peanut oil from being labeled as an allergen. Studies show most allergic individuals can safely eat peanut oil that has been highly refined (not cold-pressed, expeller-pressed, or extruded peanut oil). Follow your doctor's advice.
- A study showed that, unlike other legumes, there is a strong possibility of cross-reaction between peanuts and lupine.
- Arachis oil is peanut oil.
- Many experts advise patients allergic to peanuts to avoid tree nuts as well.
- Sunflower seeds are often produced on equipment shared with peanuts.



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How to read a Label for a MILK-FREE or EGG-FREE Diet

All FDA-regulated manufactured food products that contain milk or egg as ingredient are required by U.S. law to list the word "milk" or "egg" on the product label.

MILK

Avoid foods that contain milk or any of these ingredients:

- butter, butterfat, butter oil, butter acid, butter ester(s)
- buttermilk
- casein
- casein hydrolysate
- caseinates (in all forms)
- cheese
- cottage cheese
- cream
- curds
- custard
- diacetyl
- ghee
- half-and-half

- lactalbumin, lactalbumin phosphate
- lactoferrin
- lactose
- lactulose
- milk (in all forms, including condensed, derivative, dry, evaporated, goat's milk and milk form other animals, low-fat, malted, milkfat, nonfat, powder, protein, skimmed, solids, whole)
- milk protein hydrolysate
- pudding
- Recaldent™
- rennet casein
- sour cream, sour cream solids
- sour milk solids
- tagatose
- whey (in all forms)
- why protein hydrolysate
- yogurt

Milk is sometimes found in the following:

- artificial butter flavor
- baked goods
- caramel candies
- chocolate
- lactic acid starter culture and other bacterial cultures
- luncheon meat, hot dogs, sausages
- margarine
- nisin
- nondairy products
- nougat

EGG

Avoid foods that contain egg or any of these ingredients:

- albumin (also spelled albumen)
- egg (dried, powdered, solids, white, yolk)
- eggnog
- lysozyme
- mayonnaise
- meringue (meringue powder)
- ovalbumin
- surimi

Egg is sometimes found in the following:

- baked goods
- egg substitutes
- lecithin
- macaroni
- marzipan
- marshmallows
- nougat
- pasta
- caesar dressing

Keep in mind:

Individuals with egg allergy should also avoid eggs from duck, turkey, goose, quail, etc.. as these are known to be cross-reactive with chicken egg.

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How to read a Label for a TREE-NUT FREE or SOY-FREE Diet

All FDA-regulated manufactured food products that contain tree-nut as an ingredient are required by U.S. law to list the specific tree nut on the product label. All FDA-regulated manufactured food products that contain soy as ingredient are required by U.S. law to list the word "soy" on the product label.

TREE-NUT Avoid foods that contain nuts or any of these ingredients:

- almonds
- artificial nuts
- beechnut
- Brazil nuts
- butternut
- cashews
- chestnuts
- chinquapin
- coconuts
- filberts/hazelnuts
- gianduja (a chocolate-nut mixture)
- ginkgo nut
- hickory nuts
- litchi/lichee/lychee nut
- macadamia nuts

- marzipan/almond paste
- Nangai nuts
- natural nut extract (e.g., almond, walnut)
- nut butters (e.g., cashew butter)
- nut meal
- nut paste (e.g., almond paste)
- nut pieces
- nutmeat
- pecans
- pesto
- pili nut
- pinenuts (also referred to as Indian, pignoli, pigñolia, pignon, piñon, and pinyon nuts)
- pistachios
- praline
- shea nut
- walnuts

Tree nuts are sometimes found in the following:

- black walnut hull extract (flavoring)
- natural nut extract
- nut distillates/alcoholic extracts
- nut oils (e.g., walnut oil, almond oil)
- walnut hull extract (flavoring)

Keep in mind:

- Mortadella may contain pistachios.
- There is no evidence that coconut oil and shea nut oil/butter are allergenic.
- Many experts advise patients allergic to tree nuts to avoid peanuts as well.
- Talk to your doctor if you find other nuts not listed here.

SOY Avoid foods that contain soy or any of these ingredients:

- edamame
- miso
- natto
- shoyu
- soy (soy albumin, soy cheese, soy fiber, soy flour, soy grits, soy ice cream, soy milk, soy nuts, soy sprouts, soy yogurt)
- soya
- soybean (curd, granules)
- soy protein (concentrate, hydrolyzed, isolate)

- soy sauce
- tamari
- tempeh
- textured vegetable protein (TVP)
- tofu

Soy is sometimes found in the following:

- Asian cuisine
- vegetable broth
- vegetable gum
- vegetable starch

Keep in mind:

- The FDA exempts highly refined soybean oil from being labeled as an allergen. Studies show most allergic individuals can safely eat soy oil that has been highly refined (not cold-pressed, expeller-pressed, or extruded soybean oil).
- Most individuals allergic to soy can safely eat soy lecithin.
- Follow your doctor's advice regarding these ingredients.

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How to read a Label for a SHELLFISH-FREE or WHEAT-FREE Diet

All FDA-regulated manufactured food products that contain shellfish or wheat as an ingredient are required by U.S. law to list the word "shellfish" or "wheat" on the product label.

SHELLFISH

Avoid foods that contain shellfish or any of these ingredients:

- crab
- crawfish (crayfish, ecrevisse)
- lobster (langouste, langoustine, scampo, coral, tomalley)
- prawn
- shrimp (crevette)

Mollusks are not considered major allergens under food labeling laws and may not be fully disclosed on a product label.

Your doctor may advise you to avoid mollusks or these ingredients:

- abalone
- clams (cherrystone, littleneck, pismo, quahog)
- cockle (periwinkle, sea urchin)
- mussels
- octopus
- oysters
- snails (escargot)
- squid (calamari)

Shellfish are sometimes found in the following:

- bouillabaisse
- cuttlefish ink
- fish stock
- seafood flavoring (e.g., crab or clam extract)

Keep in mind:

- Any food served in a seafood restaurant may contain shellfish protein due to cross-contact.
- For some individuals, a reaction may occur from inhaling cooking vapors or from handling fish or shellfish.

WHEAT

Avoid foods that contain wheat or any of these ingredients:

- bread crumbs
- bulgur
- cereal extract
- club wheat
- couscous
- cracker meal
- durum
- einkorn
- farina
- flour (all purpose, bread, cake, durum, enriched graham, high gluten, high protein, instant, pastry, self-rising,

- soft wheat, steel ground, stone ground, whole wheat)
- hydrolyzed wheat protein
- Kamut®
- matzoh, matzoh meal (also spelled as matzo, matzah, or matza)
- pasta
- seitan
- semolina
- spelt
- sprouted wheat
- triticale
- vital wheat gluten
- wheat (bran, durum, germ, gluten, grass, malt, sprouts, starch)

- wheat bran hydrolysate
- wheat germ oil
- wheat grass
- wheat protein isolate
- whole wheat berries

Wheat is sometimes found in the following:

- glucose syrup
- soy sauce
- starch (gelatinized starch, modified starch, modified food starch, vegetable starch)
- surimi

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