



Healthy Living at Hannaford

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.



The information found on this page is a guideline designed to support, not replace, the relationship that exists between a patient and his/her physician. The authors, Hannaford Bros. Co. and the Food Allergy & Anaphylaxis Network disclaim any responsibility for any adverse effects resulting from the information presented here. The information enclosed is not designed to take the place of a doctor's instructions. Patients are urged to contact a doctor for specific information regarding guidelines for care.



Interested in developing an eating plan that's just right for you?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to our staff registered dietitian, for free nutrition advice at hannaford.com/asknutritionist.