



# 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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