

Let's Talk About...

Peanut and Tree Nut Allergy

What is a peanut or tree nut allergy?

A peanut allergy is an immune reaction to proteins in peanuts. A tree nut allergy is an immune reaction to proteins in various tree nuts. Some children may be allergic to only certain types of tree nuts. Some children may be allergic to both peanuts and various types of tree nuts.

Some common symptoms of allergy reactions include:

Skin:

- itchy red rash
- hives
- eczema
- flushing
- swelling of face

Digestive system:

- belly pain
- blood or mucous in stools
- severe diarrhea
- vomiting
- severe nausea
- cramping
- itching or swelling of the lips, mouth, tongue or throat.

Respiratory system (lungs):

- runny nose
- sneezing
- wheezing
- asthma
- throat tightening
- difficulty breathing

Cardiovascular system (heart):

- rapid heartbeat
- low blood pressure
- passing out

What do I do for my child with a peanut or tree nut allergy?

- A child with a peanut allergy must avoid all foods containing peanut and peanut product.
- A child with a tree nut allergy must avoid specific tree nuts and foods containing them. What to avoid depends on what type of tree nut allergy has been identified.

Your child may need to avoid products that could have a high risk for cross-contamination. For this reason your child may need to avoid all peanuts and tree nuts.

Cross-reactivity can also occur. This is when the proteins in one food are similar to those in another. The immune system sees them as the same and can cause an allergic reaction. Your child's doctor will best be able to tell you your child's risk for cross-reactivity reactions. They can tell you whether or not to avoid additional foods that may cause those reactions.

What do I look for when I read the food labels?

- 1 Labels on food, that are regulated by the FDA, have to say if the food contains the 8 most common food allergens: milk, egg, soy, wheat, peanuts, tree nuts, shellfish, or fish. Always read the ingredient list to be sure and check all food labels carefully. Manufacturers may change ingredients without warning.
- 2 Allergen Advisory Statement—"May contain [allergen]" or "Produced in a facility that also produces products containing [allergen]."
- 3 Avoid any food product that contains an Advisory Statement for your child's food allergies.

Below is an example of a food label:

Ingredients

Whole Oats, Brown Rice Syrup, Rice Crisps (Milled Rice, Sugar, Salt, Barley Malt), Diced Apples, Evaporated Cane Juice Syrup, Raisins, Roasted Soy Beans, Almond Butter, Honey, Pear and Grape Juice Concentrate, Brown Rice Flour, Soy Protein Isolate, Glycerin, Natural Flavors, Cinnamon, Nonfat Milk

Contains milk, nut and soy ingredients. Made on equipment that also processed peanuts and wheat.

What are some names for peanuts and tree nuts on food labels?

The following tables have names of ingredients containing peanut, foods that may contain peanut, the common names of tree nuts, and foods that may be made with tree nuts.

Ingredients that contain peanut		
Arachic oil	Ground peanuts	Peanut butter morsels
Arachis	Hydrolyzed peanut protein	Peanut flour
Arachis hypogaea	Mandelonas	Peanut Oil* (Cold pressed, extruded, or expelled)
Artificial nuts	Mixed nuts	
Beer nuts	Monkey nuts	Peanut paste
Boiled peanuts	Nu nuts, flavored nuts	Peanut sauce
Crushed nuts	Nut pieces	Peanut syrup
Crushed peanuts	Nutmeat	Spanish peanuts
Earth nuts	Peanuts	Virginia peanuts
Goober peas	Peanut butter	
Ground nuts	Peanut butter chips	

*Highly refined peanut oil will not be labeled as a major allergen on an ingredient statement, as these can be safely eaten by food allergic individuals. You will still need to avoid any expeller pressed, extruded or cold-pressed peanut oil. These types of oil do contain peanut protein and must be listed on the label as an allergen.

Foods that may contain peanut		
Artificial flavoring	Enchilada sauce	Hydrolyzed plant protein
Baked goods	Ethnic foods: African, Asian, Chinese, Indian, Indonesian, Mexican, Thai, Vietnamese	Hydrolyzed vegetable protein
Candy		Marzipan
Chili		Mole sauce
Chocolate	Fried foods	Natural flavoring
Crumb toppings	Flavoring	Nougat
Egg rolls	Graham cracker crust	

Ingredients that contain peanut		
Almond	Coconut*	Nangai nut
Beechnut	Filbert	Pecan
Brazil nut	Ginko nut	Pine nut
Bush nut	Hazelnut	Pistachio
Butternut	Hickory nut	Shea nut
Cashew	Lichee nut	Walnut
Chestnut	Macadamia nut	

* The FDA lists coconut as a tree nut. In fact, coconut is a seed of a fruit. Most people allergic to tree nuts can safely eat coconut. Talk to your doctor before adding coconut to or eliminating coconut from your diet.

Foods made with tree nuts			
Almond milk	Mandelonas	Nut meal	
Almond paste	Marzipan	Nutella®	
Artificial nuts	Mashuga nuts	Nutmeat	
Caponata	Mortadella	Nut oil (e.g., Walnut oil as well as other nut oils)	
Cashew milk	Natural nut extract (for example, almond extract)		
Chinquapin			Nut paste
Coconut milk	Nougat	Nut pieces	
Gianduja	Nu-Nuts®	Pesto	
Ginkgo biloba	Nut butters (e.g., Almond butter, Hazelnut butter, Brazil nut butter, Macadamia nut butter, Pistachio nut butter, Shea nut butter, Karike butter, as well as other nut butters)	Piñolia	
Hazelnut milk		Pili nut	
Heartnut		Pinon nut	
Indian nut		Piñon or Piñon nut	
Lychee nut			Pralines

Artificial flavorings and natural flavorings may all be made with tree nuts; you may need to call the manufacturer to verify or avoid.

Will my child get enough nutrients by avoiding peanuts or tree nuts?

Peanuts and tree nuts are a good source of protein in a child's diet. They also provide a source of niacin, magnesium, vitamins E and B6, manganese, pantothenic acid, chromium, folate, copper and biotin. If your child needs to avoid nuts of any type it does not need to be a nutritional risk. There are many other sources of protein your child can eat instead of peanuts and tree nuts. Your child can get vitamins and nutrients by consuming a variety of foods from other food groups.

Nutrients Lost When Avoiding Peanut or Tree Nut	Suggested Alternate Sources (if not allergic)
Protein, Vitamins, Minerals	Increase other protein foods such as meat, fish, poultry, eggs, dairy (if safe for your child); fruit, vegetables, and whole and enriched grains

What type of foods can my child eat?

The following tables list some general foods that are okay to eat and peanut or tree nut containing foods that should be avoided. Always read the food ingredient list on all products you buy.

Foods you can eat	Foods you should NOT eat (contain peanuts)	Foods you should NOT eat (contain tree nuts)
Beverages		
<ul style="list-style-type: none"> Carbonated Drinks Coconut milk or water Flavored water Flax milk Fruit Juices Hemp milk Rice milk Soy milk Tea/Coffee 		<ul style="list-style-type: none"> Almond milk Cashew milk Coconut milk or water if allergic Hazelnut milk
Breads, Cereals, and Pasta		
<ul style="list-style-type: none"> Most commercial breads (whole wheat, sourdough, potato, French, etc.) Cold cereals without peanuts or nuts Plain pasta noodles Whole grains (rice, cous cous, quinoa, etc.) 	<ul style="list-style-type: none"> Cold cereals made with peanuts Granola (read label) Boxed pasta meals (read label) Boxed Pilafs (read label) 	<ul style="list-style-type: none"> Granola (read label) Cold cereals made with nuts (read label) Breads with nuts Boxed pasta meals (read label) Boxed Pilafs (read label)
Dairy Products		
<ul style="list-style-type: none"> Cow's milk Cream Cottage cheese Sour cream Kefir Cheese (read label carefully) Ice Cream - Homemade Pudding (read label carefully) Yogurt (read label carefully) 	<ul style="list-style-type: none"> Processed cheese (read label carefully) Ice creams with peanuts or made in facilities with peanuts Nougat Frozen Yogurt with peanuts or made in facilities with peanuts Yogurt with prepackaged toppings 	<ul style="list-style-type: none"> Processed cheese (read label carefully) Ice creams with tree nuts or made in facilities with tree nuts Nougat Frozen Yogurt made with tree nuts or nuts or made in facilities with tree nuts Yogurt with prepackaged toppings

Foods you can eat	Foods you should NOT eat (contain peanuts)	Foods you should NOT eat (contain tree nuts)
Fats		
<ul style="list-style-type: none"> Bacon Butter Coconut oil, spreads Margarine Vegetable oils (olive, avocado, canola, etc.) Vegetable shortening 	<ul style="list-style-type: none"> Expeller pressed, extruded or cold pressed peanut oil Peanut butter 	<ul style="list-style-type: none"> Coconut oil or spread (if allergic) Nut butters (almond, cashew, etc.) Nut oils (walnut, hazelnut, almond, etc.)
Miscellaneous		
<ul style="list-style-type: none"> Chips Condiments (ketchup, mustard, mayonnaise) Frozen fruit bars Hard Candies Gelatin type desserts Jams Pickles Popcorn Pretzels Seasonings and Herbs (read labels on prepackaged mixes) Sorbet (check for advisory statement) Veggie type puffs (read label) 	<ul style="list-style-type: none"> Baking mixes (read label) Barbeque sauce, marinades, teriyaki sauces, etc. (read label) Cakes, cookies, muffins, etc. (read label) Candy (read label) Granola bars (read label) *Lupinus albus – lupin, lupine, lupini Peanut sauce Trail mixes 	<ul style="list-style-type: none"> Baking mixes (read label) Barbeque sauce, marinades, teriyaki sauces, etc. (read label) Black walnut hull Cakes, cookies, muffins, etc. (read label) Candy (read label) Flavored coffee Granola bars (read label) Natural nut extracts (almond, walnut, etc.) Nut distillates/ alcoholic extracts Trail mixes Walnut hull extract (flavoring)
<p>* Lupinus albus, or lupine is a legume that cross-reacts with peanut at a high rate and should be avoided by peanut allergic patients. It does not fall under the labeling requirements for peanuts. It can be found in seed and flour form.</p>		
Vegetables and Fruits		
<ul style="list-style-type: none"> All fresh fruits and vegetables Baby fruits and vegetables Canned fruits and vegetables Plain Frozen fruits and vegetables 	<ul style="list-style-type: none"> Salad Kits with peanuts Frozen vegetables with flavors/sauces (read label) 	<ul style="list-style-type: none"> Salad Kits with nuts Frozen vegetables with flavors/sauces (read label)

Foods you can eat	Foods you should NOT eat (contain peanuts)	Foods you should NOT eat (contain tree nuts)
Proteins		
• All plain eggs, beef, chicken, fish, lamb, and pork	• “Cruised” meats or fish	• Mortadella
• Baby foods	• Peanut butter	• Nut butters (almond, cashew, hazelnut, etc.)
	• Peanut powder	
• Beans	• Peanuts	• “Cruised” meats or fish
• Chick Peas (Garbanzo beans)		
• Edamame		
• Hemp, Chia, Flax, sunflower, and sesame seeds		
• Pumpkin seed butter		
• Soy nut butter		
• Sunflower seed butter		
• Soy nuts		
• Tahini or Sesame seed butter		
• Tofu		

Eating out can be a challenge with a peanut or tree nut allergy.

Many restaurants use them either as a main ingredient or added to plain foods. Vegetarian, Japanese, Chinese, Thai and other Asian type meals probably have nut products in them. Check with the restaurant or the company’s web site to find out if there is peanut or tree nut in their food. Here are some tips to remember when eating out:

- Inquire about all menu items and food preparation before ordering.
- Be aware of cross-contamination. For example: serving tongs for salad items, cooking utensils for multiple foods on the grill, etc.
- Find out if the meat is cooked on a grill that is also used for breaded items.
- Ask if it can be cooked on a piece of aluminum foil or in a clean pan.
- Choose menu items that do not contain breading or sauces.

Peanut and Tree Nut Allergy Resources

- **Food Allergy Research and Education**
www.foodallergy.org
- **Kids with Food Allergies**
www.kidswithfoodallergies.org
- **Utah Food Allergy Network**
www.utahfoodallergy.org
- **American Academy of Allergy, Asthma, and Immunology**
www.aaaai.org
- **Academy of Nutrition and Dietetics**
www.eatright.org

For additional information and questions please contact the Outpatient Dietitians at Primary Children’s Hospital at 801.662.1601.

What about foods outside of the home?

- At School/Daycare –
 - Ask your child’s school/daycare about their allergy action plan.
 - Tell your child’s school/daycare about their allergies.
 - Give the school written allergy information.
 - Provide them with emergency contact information.
 - Give them a photo of your child.
- Everywhere—Teach your child the following:
 - Which foods are safe and unsafe
 - Not to trade food with others
 - Not to eat any food with unknown ingredients
 - What their allergic symptoms are
 - How and when to tell an adult about allergy-related problems
 - How to read food labels

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