



# Peanuts



## Quick Facts

- Peanuts are a member of the legume family, not related to tree nuts. A person can be allergic to peanuts and not be allergic to tree nuts, or they can be allergic to both.
- Peanut allergy is one of the most common food allergies. It is considered a priority allergen by Health Canada.

## Be Allergy-Aware

- Read ingredient labels every time you buy or eat a product.
- Do the Triple Check and read the label:
  - Once at the store before buying it.
  - Once when you get home and put it away.
  - Again before you serve or eat the product.
- Always carry your epinephrine auto-injector.
- For tips on eating out, visit our guide for dining out with food allergies.
- Check with manufacturers directly to see if the product is safe for you even if your allergen is not listed on the ingredient list.
- Be careful when buying products from abroad since labelling rules differ from country to country.

## To Report a Reaction

If you believe you may have reacted to an allergen not listed on the packaging, you can report it to the Canadian Food Inspection Agency, which may issue a product recall. Find out more on our Food Labelling page at [www.foodallergycanada.ca](http://www.foodallergycanada.ca).

## Did You Know?

Lupin (or lupine) is an ingredient that is increasingly being used in North American foods, especially gluten-free products. It is a legume belonging to the same plant family as peanuts. Some studies show that people who are allergic to peanuts appear to have a greater chance of being allergic to lupin. If you have questions about lupin, speak to your allergist.

## **Other Names for Peanuts**

- Arachide
- Arachis oil
- Beer nuts
- Cacahouète/cacahouette/cachuète
- Goober nuts, goober peas
- Kernels
- Mandelonas (a nut-flavoured peanut confection)
- Nut meats
- Valencias

## **Possible sources of peanuts**

- Almond & hazelnut paste, icing, glazes, marzipan, nougat
- Asian cuisine such as curries, egg rolls, pad thai, satay, Szechuan and other sauces, gravy, soups
- Baked goods like cakes, cookies, donuts, energy bars, granola bars, pastries
- Candies, such as mandelonas, chocolates, and chocolate bars
- Cereals and granola, granola bars
- Chili
- Chipotle sauce and other Mexican/Latin sauces
- Ice cream and flavoured ice water treats, frozen desserts, frozen yogurts, sundae toppings
- Dried salad dressings and soup mixes
- Hydrolyzed plant protein/ hydrolyzed vegetable protein
- Faux nuts made from re-formed peanut products (Nu-Nuts™)
- Peanut oil
- Snack foods such as dried fruits, chewy fruit snacks, trail mixes, popcorn, pretzels, chips
- Vegetarian meat substitutes
- Edible fruit arrangements

## **Non-food sources of peanuts**

- Ant bait, bird feed, mouse traps
- Cosmetics, hair and skin care products, soap, sunscreen
- Craft materials
- Medications, vitamins, and health supplements
- Mushroom growing media
- Pet foods and pet toys
- Sunscreen and other creams
- Stuffing in children's toys