

Peanut-Free Diet Sheet

Please use this diet sheet under the supervision of a registered dietitian

Foods Allowed

Milk and Dairy:	All milk and milk products are allowed in a peanut free diet unless prepared or combined with peanuts Butter Milk Cream Plain yoghurt (made with allowed ingredients) Ice cream (made with allowed ingredients) Plain cheese Sour cream Dips (made with allowed ingredients)
Bread and Cereal:	Breads, buns or baked goods (made without peanut oil or products) Plain cooked grains Plain oatmeal Ready-to-eat cereals (without added oils or nuts) Corn flakes Granola (without peanut) Dried pasta
Vegetables:	All vegetables and their juice extracts are allowed in a peanut free diet unless prepared or combined with peanuts.
Legumes:	All pure legumes other than peanuts e.g., soya beans Tofu Miso
Fruit:	All fruit and their juice extracts are allowed in a peanut free diet unless prepared or combined with peanuts
Meat, Poultry and Fish:	All plain, fresh or frozen meat, poultry and fish are allowed, unless they are prepared or combined with peanut or peanut products like bread crumbs and batters. Fish canned in broth, water or non-peanut oils
Nuts and Seeds:	All packaged plain, pure nuts and seeds All pure tree nut and seed oils and their butters Sesame butter Tahini butter Almond butter Almond paste Cashew butter
Fats and Oils:	Pure vegetable, nut or seed oil with source identified (other than peanut oil) Lard and meat dripping Gravy made with meat dripping
Spices and Herbs	All pure and blended herbs and spices without added oils
Miscellaneous:	Plain sugar Honey Molasses

Maple syrup
Corn syrup
Pure baking chocolate
Cocoa
Artificial sweetener
Homemade cookies and candies (prepared with allowed ingredients)

General Foods Restricted

Milk and Dairy:	None unless nuts or oils have been added to the product. <i>Specific foods</i> Chocolate products Ice cream Milk - cow's milk formula
Bread and Cereal:	Commercial or home-made baked goods, containing peanut oil, peanuts or undisclosed nuts and oils) <i>Specific foods</i> Baked goods Biscuits / Cookies Bread (seeds, spice, health) Breakfast cereal / Porridge / Cereals (enriched) Cereal Mixes Pastry / Pastries
Vegetables:	Vegetable dishes made with or combined with peanuts, peanut oil or peanut sauces <i>Specific foods</i> Burger (vegetable)
Legumes:	Legume dishes (prepared with peanuts, peanut oil and peanut sauces) <i>Specific foods</i> Peanut butter
Fruit:	Fruit dishes made with oil or shortening or nuts and peanuts or nuts of unknown origin
Meat, Poultry and Fish:	Meat, poultry and fish dishes prepared or combined with peanut or peanut products or undisclosed nuts or oils <i>Specific foods</i> Egg roll
Nuts and Seeds:	Peanuts <i>Specific foods</i> Almond icing Nuts Nuts (reflavored)
Fat and Oils:	<i>Specific foods</i> Almond icing Nuts Nuts (reflavored)
Spice and Herbs:	
Miscellaneous:	African dishes Chinese dishes Thai dishes Vietnamese dishes <i>Specific foods</i>

Batter / Battered food
Granola
Halva / Halvah
Marzipan / Almond paste
Muesli
Nougat
Oriental food
Satay sauce
Skin cream / moisturiser
Soap (oil part)
Soup
Soup (flavouring)
Soup (packet mix)
Sweets / Candy
Vitamin supplement

Unreferenced Sources / Other: Cheese (especially slices, dips and spreads)
Chocolate (uncommon)
Commercial chili
Ice-cream with added oils or nuts of undisclosed origin
Packed garlic in oil (undisclosed source)
Packed sun-dried tomatoes in oil (undisclosed source)
Seasoning packets with undisclosed oils

Ingredient terms to avoid on labels

Beer nuts
Cold pressed Peanut oil
Earth nut
Expelled Peanut oil
Extruded Peanut oil
Ground nut
Hydrolyzed peanut protein
Mandelonas
Monkey nuts
Peanut
Peanut acid
Peanut butter
Peanut flour
Peanut glycerides
Peanut oil
Peanut protein

Label Alerts

Check labels for production line contamination. Avoid foods with vague label information and undisclosed sources of nuts and oils.

CHECK LABELS ON ALL PROCESSED FOODS - if a food label is absent, unclear or vague it is best to avoid it. Read all labels, even familiar brands, as manufacturers may change suppliers or ingredients.

See <http://AllAllergy.net> - Food Alerts, and, <http://www.safetyalerts.com>

Substitutes

Although some clinicians state that those allergic to peanuts are not generally allergic to tree nuts and these can be used as substitutes in a peanut free diet, because of the high number of peanut-allergic individuals who are also allergic to tree nuts, patients should first be assessed for

allergy to tree nuts before making this recommendation.

Nutritional Substitutes

In general eliminating nuts from your diet does not cause nutritional problems.

Reminders

Medic Alert?

Cross reactivity ?

It is important to be very aware of peanut cross contamination during food preparation especially in restaurants and preprepared foods.

Free-from Recipes and Related Information