



University of Michigan
Food Allergy Center

Peanut Allergy Helpful Hints

Peanut Allergy: You have been diagnosed with a peanut allergy. The only treatment for peanut allergy is to strictly avoid peanuts and all food products that contain peanut or peanut derivative as an ingredient. All manufactured food products that are regulated by the Food and Drug Administration (FDA) and contain peanut as an ingredient must list the word “peanut” on the product label.

Label reading tips: Any of the following foods or ingredients listed on the label indicates the presence of peanut protein and must be avoided.

- Artificial nuts
- Beer nuts
- Goobers
- Ground nuts
- Mandelonas
- Mixed nuts
- Monkey nuts
- Nut meat
- Nut pieces
- Peanut
- Peanut butter
- Peanut flour
- Peanut oil that is cold pressed, expelled, or extruded

***Note on Peanut Oil:** Highly refined peanut oil is likely safe; however it may be difficult to identify the type of peanut oil used in products.

Other products that may contain peanut: Check labels of the following foods and products carefully.

- Baked goods
- Chocolate and candy
- Ice cream
- Tree nuts that are processed with peanuts
- Lupine (lupin) flour (can be found in gluten free or high protein products, also used as a substitute for wheat flour in Europe)

Disclaimer: This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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