

Peanuts

Peanuts are a member of the legume family and not botanically related to tree nuts. Peanut allergy is one of the most common food allergies in children, adolescents, and adults.

Other Names for Peanuts:

- Arachide, Arachis oil, Beer nuts, Cacahouète/cacahouette/cachuète, Goober nuts, goober peas, Kernels, Mandelonas, Nu-Nuts™, Nut meats, Valencias

Possible sources of peanuts:

- Almond & hazelnut paste, icing, glazes, marzipan, nougat
- Nut substitutes such as re flavoured and reformed peanuts that look like other nuts
- Baked goods, e.g., cakes, cookies, donuts, energy bars, granola bars, pastries
- Cereals
- Chili
- Ice cream & flavoured ice water treats, frozen desserts, frozen yogurts, sundae toppings
- Dried salad dressings and soup mixes
- Ethnic foods e.g., Thai, Vietnamese, Chinese, curries, egg rolls, satays, Szechuan & other sauces, gravy, soups
- Hydrolyzed plant protein/ hydrolyzed vegetable protein
- Peanut oil / cold pressed peanut oil
- Snack foods such as candy, candy bars, chocolate, dried fruits, chewy fruit snacks, trail mixes, popcorn, chips
- Vegetarian meat substitutes
- Edible fruit arrangements

Non-food sources of peanuts:

- Ant baits, bird feed, mouse traps, pet food
- Cosmetics, hair and skin care products, soap, sunscreen
- Craft materials
- Medications and vitamins
- Mushroom growing medium
- Stuffing in toys

Symptoms

- An allergic response to peanuts usually occurs within minutes after exposure, and symptoms range from mild to severe. Peanut allergy signs and symptoms can include: Skin reactions, such as hives, redness or swelling, Itching or tingling in or around the mouth and throat, Digestive problems, such as diarrhoea, stomach cramps, nausea or vomiting, Tightening of the throat, Shortness of breath or wheezing, Runny nose

- **Anaphylaxis: A life-threatening reaction**

Peanut allergy is the most common cause of food-induced anaphylaxis, a medical emergency that requires treatment with an epinephrine (adrenaline) injector (EpiPen, Twinject) and a trip to the emergency room.

Anaphylaxis signs and symptoms can include the entire above, plus: Constriction of airways, Swelling of your throat that makes it difficult to breathe, A severe drop in blood pressure (shock), Rapid pulse, Dizziness, light headedness or loss of consciousness.

