



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.

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