

Important things to know



Virginia Poison Center



General Information

Allergies to peanuts are a common food allergy. Severe anaphylaxis (allergic reactions) can be potentially fatal to those who are allergic to peanuts and tree nuts. Those with peanut allergies should always carry an epinephrine auto-injector to treat allergic reactions. Peanut allergies have increased three-fold over the last 10-15 years, especially in young children. Peanuts are not in the same class as pecans, walnuts or other tree nuts since they grow under the ground. An allergy to peanuts does not necessarily mean an increase risk for tree nut allergies, though about 25-40 percent of people with peanut allergies will also be allergic to tree nuts. Casual contact with nuts is generally not a problem unless the nut or nut residue comes into direct contact with the eyes, nose or mouth.

High Risk Areas

Risk is with Cross-Contamination or directly adding nuts or nut oils in preparation of the food.

Food Service/Preparation Facilities
Bakeries
Ice Cream Shops
Asian, African, Mexican Restaurants
Indian / Thai/ Vietnamese Restaurants

Foods to Avoid

Peanut Butter	Egg Rolls
Peanut Flour	Marzipan
Peanut Proteins	Mole Sauce
Peanut Oil	Enchilada Sauce
Nut Pieces	Nougat (Candy)
Mixed Nuts	Some African Foods
Beer Nuts	Some Asian Foods
Ground Nuts	Latin American Foods
Goobers®	Some puddings, pies
Monkey Nuts	Hot Chocolate
Some Baked Goods	Specialty Pizzas
Candy	Sunflower Seeds
Mandelonas (peanuts soaked in almond flavoring)	

Signs / Symptoms and Treatment Of Allergic Reactions

Mild—Moderate:

Hives or rashes
Itching
Skin redness
Eyelid Swelling
Lip Swelling

Give antihistamines such as Diphenhydramine, loratadine, or cetirizine. In addition, the patient can take a stomach acid blocker such as ranitidine, omeprazole, cimetidine.

Major (potentially life threatening):

Tongue Swelling	Vomiting
Difficulty Swallowing	Confusion
Shortness of Breath	Wheezing
Loss of Consciousness	Pale Skin

**If available—administer epinephrine
in the large muscle of the leg.
Call 911 immediately if any of these
symptoms are noted!**