

# Peanut Allergies

## Important things to know



### 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 increased 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

### Virginia Poison Center

VCU Health

Phone: (804) 828-4780

Web: [poison.vcu.edu](http://poison.vcu.edu)



VIRGINIA  
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### Foods to Avoid

Peanut Butter

Peanut Flour

Peanut Proteins

Peanut Oil

Nut Pieces

Mixed Nuts

Beer Nuts

Ground Nuts

Goobers®

Monkey Nuts

Some Baked Goods

Candy

Mandelonas (peanuts soaked in almond flavoring)

Egg Rolls

Marzipan

Mole Sauce

Enchilada Sauce

Nougat (Candy)

Some African Foods

Some Asian Foods

Latin American Foods

Some puddings, pies

Hot Chocolate

Specialty Pizzas

Sunflower Seeds

### 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!**