

Peanut Allergies – Did you know.....

Peanuts are not the same as tree nuts (almonds, cashews, walnuts, etc.), which grow on trees. Peanuts grow underground and are part of a different plant family, the **legumes**. Other examples of legumes include beans, peas, lentils and soybeans. If you are allergic to peanuts, you do not have a greater chance of being allergic to another legume (including soy) than you would to any other food.

Trace amounts of peanut can cause an allergic reaction. Casual contact with peanuts, such as touching peanuts or peanut butter residue, is less likely to trigger a severe reaction. Casual contact becomes a concern if the area that comes into contact with peanuts then comes into contact with the eyes, nose or mouth (for example, a child with peanut allergy gets peanut butter on her fingers, and then rubs her eyes).

Symptoms of an allergic reaction may include - (and each child is different)

- Flushed face, hives or a rash, red and itchy skin
- Swelling of the eyes, face, lips, throat and tongue
- Trouble breathing, speaking or swallowing
- Anxiety, distress, faintness, paleness, sense of doom, weakness
- Cramps, diarrhea, vomiting
- A drop in blood pressure, rapid heartbeat, loss of consciousness

Other names for peanuts

In the past, some products have used other names for peanut on their labels. These names are not permitted based on the enhanced labelling requirements for food allergens, gluten sources and added sulphites, however, if you have a peanut allergy and see one of the following in the list of ingredients on a product you should not eat it.

- Arachis oil
- Beer nuts
- Goober nuts, goober peas
- Ground nuts
- Kernels
- Mandelonas, Nu-Nuts™
- Nut meats
- Valencias

Avoid food and products that do not have an ingredient list and read labels every time you shop.

Food and products that contain or often contain peanuts

- Ethnic foods, such as satay, Thai (for example, curries), Vietnamese (for example, crushed peanut as a topping, spring rolls) or Chinese (for example, Szechuan sauce, egg rolls)
- Hydrolyzed plant protein and vegetable protein
- Vegetarian meat substitutesTM

Other possible sources of peanuts

- Almond & hazelnut paste, marzipan, nougat
- Baked goods
- Chili
- Cereals
- Desserts
- Dried salad dressings and soup mixes
- Icing, glazes
- Snack foods, for example, trail mixes

Non-food sources of peanuts

- Ant baits, bird feed, mouse traps and pet food
- Cosmetics and sunscreens
- Craft materials
- Medications and vitamins
- Mushroom growing medium
- Stuffing in toys

***Remember, Maude Burke School is a Peanut Aware school.
We have many students with severe allergies.***

***This information is intended to educate you on peanut and
tree nut allergies.***