



## Peanut Allergy Avoidance List

### Hidden names for peanut protein

Effective January 1, 2006, foods covered by the FDA labeling laws that contain peanut must be labeled in plain English to declare that it “contains peanut.” However, there are many foods and products that are not covered by FDA allergen labeling laws, so it is still important to know how to read a label for peanut ingredients.

*Products exempt from plain English labeling rules: [foods that are not regulated by the FDA](#), cosmetics and personal care products, prescription and over-the-counter medications or supplements, pet food, toys and crafts. **\*The FDA has exempted peanut oil from being labeled as an allergen.***

The following ingredients found on a label indicate the presence of peanut protein. All labels should be read carefully before consuming a product, even if it has been used safely in the past.

#### **Contain peanut:**

Arachic oil  
Arachis  
Arachis hypogaea  
Artificial nuts  
Beer nuts  
Boiled peanuts  
Cold pressed, extruded, or expelled peanut oil  
Crushed nuts, crushed peanuts  
Dry roasted peanuts  
Earth nuts  
Goober peas  
Goobers  
Ground nuts, ground peanuts  
Hydrolyzed peanut protein



Hypogaic acid  
Mandelonas  
Mixed nuts  
Monkey nuts  
Nu nuts flavored nuts  
Nut pieces  
Nutmeat  
Peanuts, peanut butter, peanut butter chips, peanut butter morsels  
Peanut flour  
Peanut paste  
Peanuts sauce, peanut syrup  
Spanish peanuts  
Virginia peanuts

#### **May contain peanut:**

Artificial flavoring, flavoring, natural flavoring  
Baked goods  
Candy  
Chili  
Chocolate  
Crumb toppings  
Ethnic foods

Fried foods  
Graham cracker crust  
Hydrolyzed plant protein  
Hydrolyzed vegetable protein  
Marzipan  
Mole sauce  
Nougat

**Beware:** Lupine, lupinus albus, tree nuts

[Print travel-size cards for peanut allergy](#)