



# PEANUT ALLERGY Chef Cards

Take all food allergies seriously. • Read all ingredient labels.

Peanut can appear on food labels under many different names. To avoid peanut in foods and other products, it helps to learn the different names of peanut. If you see these ingredients on a label or menu, it means it contains peanut protein and is not safe for someone with peanut allergy. If the product is regulated by the Food and Drug Administration (FDA), the word "peanut" must appear on the label.

When you eat out, use these chef cards to let the restaurant staff know how to help you avoid allergic reactions to peanut.

**I have a peanut allergy!**  
**I must avoid all foods that contain peanut.**

**Contains Nuts**

Arachic oil	Goober peas	Peanuts, peanut
Arachis	Ground nuts, ground	butter, peanut
Arachis hypogaea	peanuts	butter chips,
Artificial nuts	Hydrolyzed peanut	peanut butter
Beer nuts	protein	morsels
Boiled peanuts	Mandelonas	Peanut flour
Cold pressed,	Mixed nuts	Peanut paste
extruded or	Monkey nuts	Peanut sauce, peanut
expelled peanut oil	Nu nuts flavored nuts	syrup
Crushed nuts,	Nut pieces	Spanish peanuts
crushed peanuts	Nutmeat	Virginia peanuts
Earth nuts		

**Peanut is Sometimes Found in**

Artificial flavoring	Fried foods	Marzipan
Baked goods	Glazes	Natural flavoring
Candy, chocolate,	Grains	Pudding
nougat	Hydrolyzed plant	Sauces
Chili	protein	
Ethnic foods	Hydrolyzed vegetable	<b>Ask your doctor</b>
	protein	<b>before eating:</b>
	Ice cream	<b>Tree nuts and lupine</b>
	Marinades	<b>or lupinus albus</b>

Please check all foods for the ingredients on this card, including cooking oils, marinades, sauces, and seasonings. Use separate and clean utensils, equipment, surfaces, and gloves.

**KFA** Kids with Food Allergies For more detailed information and a list of resources, please visit: [kidswithfoodallergies.org/peanut](http://kidswithfoodallergies.org/peanut)  
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**CHEF: FOOD ALLERGY ALERT**

**I have food allergies!**  
In order for me to avoid an allergic reaction, I **must avoid** all food that contain:

<input type="checkbox"/> Milk	<input type="checkbox"/> Egg	Other Allergens:
<input type="checkbox"/> Peanut	<input type="checkbox"/> Tree Nuts	_____
<input type="checkbox"/> Wheat	<input type="checkbox"/> Gluten	_____
<input type="checkbox"/> Sesame	<input type="checkbox"/> Soy	_____
<input type="checkbox"/> Fish	<input type="checkbox"/> Shellfish	_____

**Before preparing my food, please take these steps to help keep me safe. I appreciate you!**

- Read labels to look for the allergens listed on the front of this card. Please check all foods including cooking oils, marinades, sauces and seasonings.
- Please use separate and clean utensils, equipment and surfaces to prepare my meal.
- Wash hands with soapy water and change gloves.

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