

Living with a Peanut Allergy

Living with a peanut allergy doesn't have to inhibit you from enjoying wholesome and nutritious foods. Individuals who have a food allergy should always read the food label. Manufactures are required to state whether or not their product contains the following eight most common allergens – peanuts, tree nuts, soy, milk, eggs, fish, shellfish and wheat. Allergen information can be found near the nutrition facts label.

As the saying goes “*When in doubt, throw it out.*” A food allergy can cause a potential life-threatening reaction. So, if you are uncertain whether the food contains peanuts, do not eat the food. Manufactures change ingredients, so even if you buy the product frequently, always check the food label before you make a purchase. Potential allergens could also be present in foods if it is produced or manufactured in a plant containing allergenic foods – this is called cross contamination. It is *always* important to read foods labels before you buy.

Your best choices are going to be to select whole foods and limit your consumption of processed foods. Processed foods, like those that come in a box or can, usually have more allergens because of the additives, flavorings, coloring and preservatives added.

Here are some hidden sources of Peanuts:

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| <ul style="list-style-type: none"> • African, Asian and Mexican dishes • Baked goods including breads • Chili • Eggrolls • Enchilada Sauce • Marzipan | <ul style="list-style-type: none"> • Mole Sauce • Nougat • Mandelonas • Arachis oil • Sunflower seeds & their products |
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Using Exchanges:

If a recipe calls for 1 T of peanut butter or 15 g (20 pieces) peanuts, simply substitute these foods for one nut exchange. Here is a substitution list:

If a recipe calls for....	Substitute with...
1 Tbsp Natural Peanut butter	1 Tbsp Almond Butter or 1 nut exchange
20 peanuts	15 g Almonds or 1 nut exchange
Nature Valley® Crunchy Granola Bar – all varieties	Popcorn, air popped – 2 ½ C or 1 starch exchange
Kellogg's® 5 Grain Mini Wheats cereal - 1/2 C	Cheerios® - 3/4 C or 1 starch exchange
Kellogg's® Special K Advantage cereal – 2/3 C	Cheerios® - 3/4 C or 1 starch exchange
Uncle Toby's Crunchy Muesli Bar -1	Uncle Toby's Crunchy Muesli Bar -1

(20 g) - Choc Chip, Nut Crumble	(20 g) – apricot or 1 starch exchange
Sanitarium™ Vegie Delights Schnitzel - 1 schnitzel	Kidney Beans – ¾ Cup or 1 vegetarian protein exchange
Sanitarium™ Vegie Sausage - 1 link	Kidney Beans – ¾ Cup or 1 vegetarian protein exchange
Sanitarium™ Delights Mince - 100 g	Kidney Beans – ¾ Cup or 1 vegetarian protein exchange
Continental Cup-a-Soup 98% fat free®	Simmer 1 cup vegetable broth with ¼ medium potato and free veggies (carrots, celery) until tender. Serve.
Arnott's Vita-Weat Crackers – 20 g	Popcorn (air popped) – 8 g (2 ½ C) or 1 starch exchange
Vita Weat® 100% Natural crackers – 20 g	Popcorn (air popped) – 8 g (2 ½ C) or 1 starch exchange