

### Living with a Peanut Allergy

Living with a food allergy doesn't have to prevent you from enjoying wholesome and nutritious foods. The good news is that 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:

- African, Asian and Mexican dishes
- Baked goods including breads
- Chili
- Eggrolls
- Enchilada Sauce
- Marzipan
- Mole Sauce
- Nougat
- Mandelonas
- Arachis oil
- Sunflower seeds & their products

### Heat & Eat: Amy's® Peanut Free:

All of Amy's Frozen Dinners are Peanut Free. Per website “***Because peanut allergies can be extremely dangerous (and even life threatening) to a very small percentage of the population, Amy's never uses peanut or peanut products in our food, ever.***”

<http://www.amys.com/>; <http://www.amys.com/buy/around-the-world/canada>

**Using Exchanges:**

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

<b>If a recipe calls for....</b>	<b>Substitute with...</b>
1 Tbsp Natural Peanut butter	1 Tbsp Almond Butter (or other tree nut butter) or 1 nut exchange
20 peanuts	1 Tbsp Almond Butter (or other tree nut butter) or 1 nut exchange
Nature Valley® Crunchy Granola Bar	Popcorn, air popped – 2 ½ C or 1 starch exchange
Fiber One® 90 Calorie Chocolate Peanut Butter Chewy Bar	Fiber One® 90 Calorie Chocolate Chewy Bar
PowerBar® Pria® (all varieties)	Fiber One® 90 Calorie Chocolate Chewy Bar
Balance Bar® Gold and Original (all varieties)	Phase 2 snack choice or 1 dairy + 1 starch exchange
Kashi® GOLEAN Bar (all varieties)	Phase 2 snack choice or 1 dairy + 1 starch exchange
Luna® Protein Bar (all varieties)	Phase 2 snack choice or 1 dairy + 1 starch exchange
Odwalla Bar!® - Chocolate Peanut Butter	Phase 2 snack choice or 1 dairy + 1 starch exchange
Pure Protein® Bar (50 g)(all varieties)	Phase 2 Snack choice or 1 protein + 1 fruit exchange