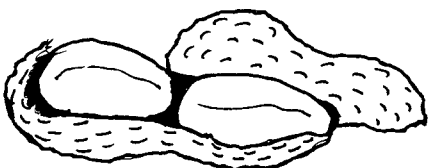


Peanut Allergy

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Community Nutrition Clinic
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WHAT IS PEANUT ALLERGY?



Peanut allergy is an allergic reaction to peanuts or peanut products.

People with the allergy can have a very bad reaction from very small amounts of peanut. Some can even die from it.

WHAT ARE THE SYMPTOMS OF PEANUT ALLERGY?

Symptoms of peanut allergy include:

- Red face
- Asthma
- Wheezing
- Breathing problems
- Swallowing problems
- Drooling
- Choking
- Coughing
- Runny nose

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- Red, itchy skin
- Hives
- Diarrhea
- Gas
- Nausea
- Vomiting
- Itchy mouth, lips, or tongue
- Swollen lips, eyes, or tongue
- Dizziness
- Fainting
- Fatigue
- Chills
- Fast heart beat
- Pale skin

WHAT FOODS SHOULD I AVOID?

You should avoid peanuts and peanut butter.

You should also avoid foods that contain peanut products, like peanut oil, peanut extracts, and peanut flour.

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Many processed foods have peanut products. These include baked goods, candy, cereals, chili, cookies, dips, egg rolls, ice cream, and spaghetti sauce.

Sometimes, people with peanut allergy are also allergic to other nuts like walnuts and pecans.

They might also be allergic to foods in the legume family such as soya bean, pea, and garbanzo beans (chickpeas).

Pine nuts are safe to eat.

HOW DO I KNOW IF PRODUCTS CONTAIN PEANUTS?

Many foods contain peanuts or peanut products.

If you have peanut allergy, you must be careful to read food labels. Peanuts and peanut products may be clearly labeled on foods.

However, peanuts can also be listed as hydrolyzed vegetable protein, ground nuts, mixed nuts, and natural flavoring.

Also, ask if peanuts or peanut products are used in cooking when you eat in a restaurant or in someone's home.

WHAT OTHER THINGS SHOULD I DO?

- Do not eat or touch anything that has peanuts or peanut products.
- Clean cooking utensils very well.
- Always read product labels.
- If your child has peanut allergy, tell all caregivers (family members, babysitters, teachers, school nurse, school cafeteria staff, and friends) what to do in case of an attack.

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- Teach your child to ask if peanut products are in food and to tell others about the allergy.
- Ask your doctor whether you (or your child) should carry pills or an epinephrine shot at all times in case of a reaction.
- Wear (or have your child wear) a Medic Alert tag.

NOTES: