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## How to Read a Label for a Peanut-Free Diet

### Avoid Foods That Contain Any of These Ingredients

- Beer nuts
- Cold pressed peanut oil
- Ground nuts
- Mixed nuts
- Nu-Nuts® flavored nuts
- Peanut
- Peanut butter
- Peanut flour

### Foods That May Indicate the Presence of Peanut Protein

- African, Chinese and Thai dishes
- Baked goods (pastries, cookies, etc.)
- Candy
- Chili
- Chocolate (candies, candy bars)
- Egg rolls
- Hydrolyzed plant protein
- Hydrolyzed vegetable protein
- Marzipan
- Nougat

**Studies show that most allergic individuals can safely eat peanut oil (*not* cold pressed peanut oil)**

**Peanuts are very allergenic and can cause a life threatening anaphylactic (general body) reaction. If you are allergic to peanuts, talk to your doctor. If prescribed, carry an EpiPen® or Ana Guard® at all times.**