

Diet for Peanut Allergy Present Guidelines

Nutrition & Dietetics

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

What is Nut allergy?

Some people are sensitive to the proteins in nuts. When an individual becomes sensitive to nut protein, the body's immune system produces antibodies to the nut protein which causes symptoms of allergy.

What are the signs and symptoms of nut allergy?

These may include:

- Itchy tingling sensation of lips, tongue and throat
- Itchy nettle rash (urticaria)
- Vomiting
- Swelling of lips, tongue, eyes and face
- Diarrhoea
- Wheeze
- Hoarseness
- Lightheadedness, dizziness
- Swelling or tightening of throat and airway
- Stridor (rasping noise on breathing in)
- Collapse due to drop in blood pressure.

Anaphylaxis is the name given to a severe life threatening reaction and can cause serious breathing problems and low blood pressure. Not all nut allergic people will experience anaphylaxis. People with asthma are at greater risk of developing severe reactions.

The advice in this booklet gives the present interpretation of available evidence. As this will no doubt in future, be modified in the light of new research we would ask you to check with your Dietitian.

What is the treatment for nut allergy?

For those allergic to peanuts, a peanut free diet is required for life. It is unlikely that you will grow out of this allergy. You should therefore Never experiment with peanuts or peanut containing foods even taking the smallest quantity of peanut in the mouth can cause an allergic reaction. Your Doctor may also have advised you to avoid touching peanuts or peanut containing foods.

Carry any medication for your peanut allergy At All Times so that it is available in an emergency. You may wish to wear a Medialert bracelet or necklace giving details of your allergy and emergency needs. Therefore none of these should be eaten in any form.

Cooking the nuts does not stop them causing an allergic reaction.

ALWAYS check the ingredients lists when buying made up foods / ingredients. It will take longer to shop for food.

Should all nuts be avoided?

It is safer and easier to avoid all nuts. Approximately 1/3 of people allergic to nuts react to more than one type of nut.

How are nuts labelled?

On food ingredient labels avoid all foods that contain:

nuts, chipped nuts, flaked nuts, peanuts, earth nut, ground nut, monkey nut, Chinese nut, goober, pinder or ground pea. Arachis oil, groundnut oil, peanut butter, nut extract, nut flavours, nut paste, marzipan , praline, frangipane, nut butter, nut extract, nut essence, nut butter, nut extract and nut essence.

Foods	Always Avoid	Be careful i.e. read labels very carefully or risk of cross contamination	Generally safe
Nuts	Peanut. Almond, Brazil, cashew, hazelnut (filbert, cobnut) macadamia (Queensland nut, candle nut) pecan (hickory nut), pistachio, walnut	Chestnut, coconut, sesame seeds, palm and pine nuts	
Meats, fish and eggs	Asian and oriental foods including Indian tikka and korma curry. Chinese e.g. satay sauce and Thai e.g. curries Meal marinades, coronation chicken, If meat is breaded or coated with a flavouring or sauce check the ingredients to ensure it is nut free	All processed meat dishes eg sausages, burgers, chicken nuggets, pâté, ready prepared meals	Fresh or frozen unprocessed meat and fish
Vegetarian options	Nut roast, vegetable burgers	Ready prepared vegetarian dishes	All eggs

Foods	Always Avoid	Be careful i.e. read labels very carefully or risk of cross contamination	Generally safe
Milk and dairy products	Nut ice cream, nut yogurts, nut flavoured milkshakes, cheese with nuts	Ice-cream, wafers, cheesecake, American style ice cream with pecan nuts or other nuts.	Cows, goats and soya milk, fresh cream, milk pudding, fromage frais, yogurts. Cottage cheese, cream cheese, plain cheese
Cereals	Cereals containing nuts e.g. museli, crunchy nut cornflakes	Rice salad, ready prepared rice dishes	Wheat flour, pasta, rice, cornflour
Bread, cakes, biscuits and puddings	Speciality breads topped with nuts. Almond essence, amaretti, cereal bars, nut bars, bakewell tart, almond slice, frangipane, gateaux, macaroons, marzipan, muesli biscuits, fruit cakes, pecan pie Halva, baklava and other middle eastern sweet and cakes, pecan pie Puddings containing or garnished with nuts eg trifle	Fresh bakery products - risk of cross contamination All biscuits, cakes, gateaux and pastries including fruit pies e.g. apple pie	Cakes, biscuits and desserts known to be suitable eg home made or clearly labelled free from nuts
Fruit and vegetables	Nut based salads	Coleslaw, mixed or pre-packed salads stir fry mix	
Soups stock cubes and sauces	Satay sauce	Spicy soups, pesto sauce, stuffing mixes and dips	
Sweets and spreads	Nut sweets eg mixed chocolate selections, praline, nougat, noisettes, chocolate nut spreads, peanut butter, nut brittle	Many sweets may contain nuts or traces of nuts	Chocolate and sweets known to be nut free
Crisps and snacks	Nuts and raisins, chocolate coated nuts, Bombay mix	Asian snacks eg pakora, samosa. All flavoured crisps and snacks	Plain crisps

Foods	Always Avoid	Be careful i.e. read labels very carefully or risk of cross contamination	Generally safe
Butter, oils and margarine	Unrefined peanut oil, arachis oil, ground nut oil, walnut oil, other nut oils, nut butters, flavoured oils sold for stir fries		Butter. margarine, olive oil, sunflower oil, soy oil, safflower oil, palm oil, rapeseed oil, corn oil, refined vegetable oil
Drinks	Nut flavoured liquers e.g. Amaretto, Frangelico, Nocello, crème de noix, Bombay sapphire gin.	Some brands hot chocolate	Water, fruit juices, squashes & fizzy drinks, tea, coffee, wine, beer most spirits and Liquers

As peanuts are a relatively cheap nut they are frequently used to replace a proportion of a more expensive nut e.g. almond slice can contain some peanuts.

Beware

1. Removing peanuts from a made up dish, e.g. decorated cake does not make the dish / cake safe to eat for a person with peanut allergy.
2. Nut flavours on a list of ingredients e.g. on a Brazil Nut Cake does not mean the flavour is only from Brazil nuts. The flavour could be from processed peanuts. AVOID any food labelled this way.
3. Loose food. Foods sold “unwrapped” can be contaminated with nut from another food which contains nuts that is also on sale unwrapped. This can easily happen in the baker’s shop or café. It also can occur in carry out shops where different curry dishes, for example, are served up using a communal ladle.
4. Home-made toffee has been a problem. It seems that someone with peanut allergy bought plain toffee and on eating it had a reaction because the maker had previously made a nut toffee in the same pan and not cleaned it adequately.

5. Unlabelled foods are not always what they seem. Where no list of ingredients is available the content cannot be guaranteed. Problems have arisen with cakes such as lemon slices and almond slices, neither of which were expected to contain peanuts. They have contained peanuts as a mixed nut added to the cake sold. Remember that shop assistants do not normally see the foods prepared and they may not appreciate the consequences to the allergy sufferer of their assuming that a lemon slice is nut free!
6. Takeaway meals are tempting when in a rush but we would advise you to buy plain foods such as baked potatoes with simple (non-nut) fillings or fish and chips (prepared where no vegetarian foods are sold and where the fat used for frying is not peanut / groundnut oil). **Avoid Takeaway Curries** because there has been an increase in number of severe reactions to takeaway curries probably due to increased use of peanuts in place of more expensive almonds.
7. Children's parties are important for all to enjoy. If your child is allergic to peanuts you must check with the host(ess) what is to be prepared for a birthday meal; if necessary, send a separate meal. Also discuss party bag contents and edible prizes.
8. Aircraft flights. The confined space on a flight can lead to problems if other travellers are given peanuts. If you are allergic to the presence of peanuts near you, it would be prudent to write to the airline you wish to fly with explaining this. Some airline companies will ban the use of peanuts for passengers on specified flights if peanut allergic passengers are flying.
9. Travel - Translation cards are available from Allergy UK. Find out the word used for peanuts in the country to which you are travelling.
10. Eating out. Always check with the staff and avoid unless the staff can guarantee the product is nut free. Particular high risk meals are Indian, Chinese, Thai and Indonesian meals. Other risky meals are takeaway, buffet meals (spoons maybe shared) , vegetarian meals, coronation chicken, mixed salads and satays. At family and friends houses and parties check in advance. If In doubt take safe foods with you.

11. Always check with your pharmacist that any drugs or medication you take are nut free.
12. Creams and cosmetics. Labels on these products may use the term arachis oil which is Latin for peanut oil. Creams containing arachis oil applied to broken or inflamed skin may cause a reaction. Some doctors recommend to avoid these products for children with eczema and / or nut allergy. Your pharmacist can advise on prescribable creams and ointments that do not contain arachis oil. All soaps, cosmetics must carry full ingredient list.

Your questions answered

The answers may change in the future when new evidence becomes available.

Can I use peanut oil?

There is research under way at present to try and find out whether any or all types of peanut oil are safe. At present we would advise you NOT to buy peanut oil, arachis oil or ground nut oil. We would also advise you NOT to buy any food that lists ground nut oil, peanut oil or arachis oil in the ingredients list. Be particularly careful when buying savoury sauces, salad dressings and check what oil is in use at the chip shop and other takeaway outlets. It is thought that crude peanut oil may be a problem. Avoid walnut and other nut oils.

Can I use vegetable oil or vegetable fat?

As the names suggest, these products are made from blends of oils, of plant origin. Consequently peanut oil could be present in varying amounts. It is not possible to obtain reliable information about oil blends from manufacturers. Blends alter depending on price of available raw materials.

We advise patients who have been prescribed the Epipen and who have only ever used butter and a named seed oil to continue to do this.

Are convenience foods containing vegetable fat or vegetable oil safe?

Almost everyone consumes food each day that contain “vegetable fat” or “vegetable oil”, for example Supermarket wrapped breads, biscuits, cakes, puddings, crisps to name but a few. Peanut allergy sufferers are usually happily consuming some of these foods without incident when they first come to clinic.

For those patients whose medical treatment for peanut allergy is to carry antihistamine tablets, we do not feel that there is a need to restrict peanut free foods that contain vegetable fat / oil.

For those patients whose medical treatment is to carry EpiPen we would advise using brands of bread, biscuits etc. known to be consumed safely in the past. Also remember, to check ingredients labels in the recipe if a familiar safe food changes.

Is food labelling reliable?

European Union regulations require that 14 major allergens including peanuts and other nuts are declared on all pre packaged food.

What does “may contain nuts” mean on food labels?

Most Manufacturers will mark on the label when there is a risk of cross contamination from within the factory e.g. breakfast cereals, biscuits.

Can I buy foods sold loose e.g. at bakers shop?

NO. There is a risk of cross contamination from products containing nuts

Can I use bird food?

Always look closely at bird food labelling, it often contains peanuts. Avoid touching bird food.

What about cross contamination?

It is a risk for people with a nut allergy. It happens when food comes into contact with nuts e.g. Using the same spoon for nut containing dishes and nut free dishes when serving at a buffet or eating the raisins from a packet of nuts and raisins. Avoid being kissed or touched by people who have recently eaten nuts. Avoid handling toys that have previously been touched by a person who has been eating nuts.

Is there anywhere I can obtain lists of nut free foods sold by supermarkets?

Contact supermarket head office for information on their branded products.

However, if you obtain these (from supermarket HQ) you still need to:

1. Check packed ingredient lists – as errors have occurred in the food lists.
2. Ensure you have always got the most up to date list from the Supermarket you use. Recipes do change, so wrappers on foods are often a better guide.

Activities at play group and school when I am not with my child worry me. How can I be sure my child's needs are understood?

You should discuss your child's peanut allergy fully with the staff who will be looking after your child. There will be lessons where food may be prepared and tasted. There may also be parties where birthday cake / sweets may be brought to school by class mates. These times are important to your child and you need to discuss what alternatives you can provide for these occasions.

I would like my child to have a school dinner but I want him / her to be safe. How can I ensure the diet is taken seriously?

Different Education Authorities have their own policies about special diet provision. Many are helpful as long as specific requirements are written down clearly. Local Dietitians have to request the diet in writing.

Our son who is 8 is allergic to peanuts. Should we avoid peanuts in our younger child's diet – she is 4 and has never had any nuts yet?

We know that young people with a family history of atopy, are more likely to develop eczema, asthma, hayfever or urticarial reaction (hives). Also they are more likely to have problems with nuts than other young people, but there isn't enough information to quantify the problem.

Therefore, if any of your children has any of these problems, we would advise against introducing nuts until at least seven years of age.

The Nuts and Bolts of Nut Allergy

- If you react to one kind of nut, it's best to avoid all nuts and remember cross contamination can happen
- Build up your own personal range of "safe foods" and ingredients
- Tell your family and friends about your allergy and what they should do if you have an allergic reaction
- Read food labels carefully
- Have your medication with you at all times
- Always carry ID with a list of your allergies
- If you are not sure about a food, leave it out!

For necklace or bracelets with medical Information:

Medic Alert

Tel: 08000 556504

www.medicalert.org.uk

SoS-Talisman

www.sostalisman.co.uk

Medi-Tag

www.medi-tag.co.uk

Contact Organisations For Allergy

The Anaphylaxis Campaign

1 Alexandra Road

Farnborough

Hampshire GU14 6BU

Tel: 01252 546100

www.anaphylaxis.org.uk

Food Standards Agency

Tel: 020 7276 8829

www.food.gov.uk

Allergy UK

www.allergyuk.org

Apple Health App will store medical conditions which will show when the phone is locked. Check that your smart phone will show medical conditions when the phone is locked.

How do I take care of the epipen?

If you have been prescribed an epipen make sure you carry your medication with you at all times. The junior version is prescribed for children weighing 7.5 - 25kgs. The adult version is suitable for over 25kg. It is essential to check the use by dates. It is important for children and teenagers to have the dosage of adrenaline reviewed by the doctor.

Contact Dietitian

Tel 01902 695335

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。