

PEANUT ALLERGY AWARENESS-FOOD LIST (updated 8/21/07)

Note: Manufacturers are constantly coming up with new varieties and changing snack foods. Where they are processed also changes. Specially packaged items or holiday packaging may be processed in a plant with peanut exposures. **LABELS ALWAYS NEED TO BE CHECKED.**

COMMON FOODS TO AVOID include but may not be limited to:

All bakery goods from bakeries or Jewel/Dominick's Bake Shops (can be contaminated/processed with peanuts)
Acme dry cake, muffin and brownie mixes contain peanuts or are contaminated/processed with peanuts
Kellogg's Nutrigrain Fruit and Nut Bars
Granola bars, various brands-in general, most brands contain or are contaminated/processed with peanuts
Energy Bars, various brands-in general, most brands contain or are contaminated/processed with peanuts
Kellogg's Sweet & Salty Granola Bars
Pepperidge Farm Cinnamon Goldfish
Quaker Vanilla Yogurt Crunch Life Cereal
General Mills Honey Nut Cheerios
Cinnabon Cereals
Kellogg's Pops Cereal Chocolate/Peanut Butter
Salerno Butter Cookies
Nabisco Ritz Crackers, Ritz Bits, or Ritz Bits Sandwich Snacks
Nabisco Nutter Butter Sandwich Cookies
All Snyder's brand various pretzels (packaging states processed in a plant that processed peanuts)
Eatsmart brand Veggie Crisps
Eatsmart brand Soy Crisps
Michael Season's brand Potato Chips and Reduced Fat Potato Chips (made with peanut oil)
Chex Snack Mix and Chex Snack Mix for Kids – ALL varieties
Most Keebler brand cookies and sandwich cookies
Archway brand cookies
Matt's Cookies
Mrs. Field's cookies
Chocolate Chips-many brands including Nestle
Dried fruit, in general, is processed in plants that process peanuts
Jelly Belly brand Jelly Beans
Some brands of fruit snacks are processed in plants that process peanuts
Jay's Caramel Corn and Butter Toffee Caramel Corn

BREADS TO AVOID

Natural Harvest brand, Butternut brand, Healthy Life brand, certain Jewel brand-all varieties of these brands were or may be processed in plants that process peanuts

Candy items are rarely safe because they contain or are manufactured with peanuts.

Always double check labels.

POTENTIAL PEANUT-FREE ALTERNATIVE FOODS (Labels still need to be carefully checked)

Kellogg's Rice Krispie Treats	Pringles
Kellogg's Pop Tarts and Go Tarts	Bugles
Kellogg's Special K Bars/Snack Bites	Frito Lay Sun Chips
Kellogg's All Bran Cereal Bars	Jays Potato Chips
Kellogg's Smart Start Bars	Jays OkeDoKe Popcorn
Kellogg's Nutri-Grain Cereal Bars	Jay's Pretzels
Quaker Breakfast Bars, Muffin Bars, Crisp Bites	Pirate's Booty & Vege Booty
General Mills Cheerios and Fruity Cheerios	Teddy Grahams
Quaker Life Cereal and Cinnamon Life Cereal	Rold Gold brand Pretzels
Quaker Oatmeal Squares Cereal	Quaker Quakes Rice Cakes
General Mills Golden Grahams Cereal	Nabisco Triscuits
General Mills Chex Cereal	Doritos
Nabisco Oreos, Mini Oreos, Golden Oreos & Double Stuff Oreos	Cheetos
Nabisco Honey Maid Honey, Chocolate, and Cinnamon Sticks	Nilla brand Vanilla Wafers
Nabisco Fig Newtons (Whole grain, strawberry, raspberry)	Ruffles Potato Chips
Keebler Scooby Doo Graham or Cinnamon Crackers	
Sunshine Cheese Its & Cheese It Party Mix	
Sunshine Twisters/Stix	
Pepperidge Farm Goldfish (no Cinnamon)	
Nabisco Chips Ahoy Cookies	
Nabisco Wheat Thins Crackers	
Ocean Spray brand Craisins dried cranberries	
Barnum brand Animal Crackers	
Tostitos Tortilla Chips	

BREADS: Wonder brand, Thomas' brand, Sara Lee brand, Pepperidge Farm brand, Natural Ovens brand, Brownberry brand, Home Pride brand, Mother's brand

HOW TO READ A LABEL FOR A TREE NUT-FREE DIET

Avoid foods that contain nuts or any of these ingredients:

Almonds	nougat
Artificial nuts	nut butters (i.e., cashew butter)
Brazil nuts	nut meal
Caponata	nutmeats
Cashews	nut oil
Chestnuts	nut paste (i.e., almond paste)
Filbert/hazelnuts	nut pieces
Gianduja (nut mixture found in some chocolate)	pecans
Hickory nuts	pesto
Macadamia nuts	pine nuts (also referred to as
Indian, pinon,	pinyon, pignoli, pignolia, and pignon
Marzipan/almond paste nuts)	

Nan-gai nuts
natural nut extract, i.e., almond, walnut

pistachios
pralines

Walnuts

Mandelonas are peanuts soaked in almond flavoring
Mortadella may contain pistachios
Natural and artificial flavoring may contain tree nuts
Experts advise patients allergic to tree nuts to avoid peanuts as well
Talk to your doctor if you find other nuts not listed here.