

Nutrition

Finding Peanut-Free Products



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Finding peanut-free snacks can be a challenge. Carefully reading the product label will tell you which products to avoid.

Read the ingredient listing every time you shop. Ingredients can change without any warning and a product that was once peanut-free may no longer be.

What to watch for

1. Look for any words in the "Ingredient" list that mean peanut.
2. Look at the ingredients used. If any ingredients from the above list are present, avoid the product. If peanut oil is used, it has to be declared on the label. If the product uses "vegetable oil", it will not be a peanut source.
3. Look at the end of the Ingredient List for peanut. The label may state:
"may contain peanuts or traces of peanuts"
OR a warning that
"the product is produced in a facility that uses peanuts."
If either of these warnings are listed, avoid the product.

Clip this list for your wallet and refer to when you are grocery shopping.

These mean peanut:

<i>peanuts</i>	<i>peanut oil</i>
<i>arachide</i>	<i>arachis oil</i>
<i>mixed nuts</i>	<i>nut meats</i>
<i>ground nuts</i>	<i>mandelonas</i>
<i>Nu nuts</i>	<i>peanut butter</i>
<i>beer nuts</i>	<i>cacahouette</i>
<i>peanut oil</i>	<i>goober nuts</i>
<i>goober peas</i>	<i>peanut flour</i>
<i>artificial nuts</i>	<i>valencias</i>
<i>hydrolyzed peanut protein</i>	

Adapted with permission from County of Lambton Community Health Services Department

