

# TOP 7 THINGS TO KNOW ABOUT PEANUT ALLERGY

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# #1

## PEANUT ALLERGY IS ON THE RISE.



American children diagnosed with peanut allergy more than tripled from 1997 to 2008, although 20 percent of children are expected to outgrow it. Many schools now ban peanut foods, including peanut butter.

# #2

## PEANUTS ARE ACTUALLY LEGUMES, NOT TREE NUTS.



Peanuts grow in the ground while tree nuts grow on trees. Other legumes include beans, lentils, peas and soybeans. If you're peanut allergic, you are NOT at higher risk for allergy to another legume as to any other food.

# #3

## FOOD LABELS MUST INDICATE WHEN PEANUTS ARE PRESENT.



Food products containing peanuts are required by law to state this on food labels. But advisory labels are not required (for example, cross contamination, made in shared facility, storage and transportation issues). Careful! Cross contamination can be especially common in relation to tree nuts.

# #4

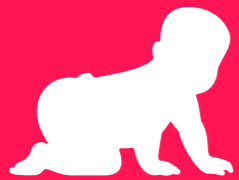
## PEANUTS ARE FOUND IN MANY FOODS.



Some foods to also avoid include mixed nuts, beer nuts, baked goods, cereals, candy, chocolates, desserts, nougat, ice cream, energy and granola bars, marinades, sauces, dressings, gravies, and meat substitutes. Avoid peanut butter, peanut flour and peanut oil. Be careful in ice cream and frozen yogurt shops that may have peanut toppings. Also take care in bakeries and ethnic restaurants that cook with peanuts.

# #5

## NEW 2017 GUIDELINES IDENTIFY INFANTS AT HIGH RISK FOR PEANUT ALLERGY.



Infants with severe eczema and/or egg allergy are at high risk for developing food allergies. If this is your infant, see an allergist for further testing. There may be new strategies for preventing peanut allergy.

# #6

## NO MATTER YOUR ALLERGY, THE BEST STRATEGY IS AVOIDANCE.



Currently there is no cure - the best strategy is to avoid peanuts and foods that contain them.

- ▶ Epi shot is usually recommended for severe symptoms.
- ▶ Antihistamines are usually used for mild symptoms.
- ▶ See your doctor for guidance.

# #7

**LETTING OTHERS KNOW  
ABOUT YOUR PEANUT ALLERGY  
IS AN IMPORTANT WAY TO  
STAY SAFE.**



Create your **FREE** peanut allergy profile at [selectivor.com](https://www.selectivor.com) and share it with others so you're never left out!





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