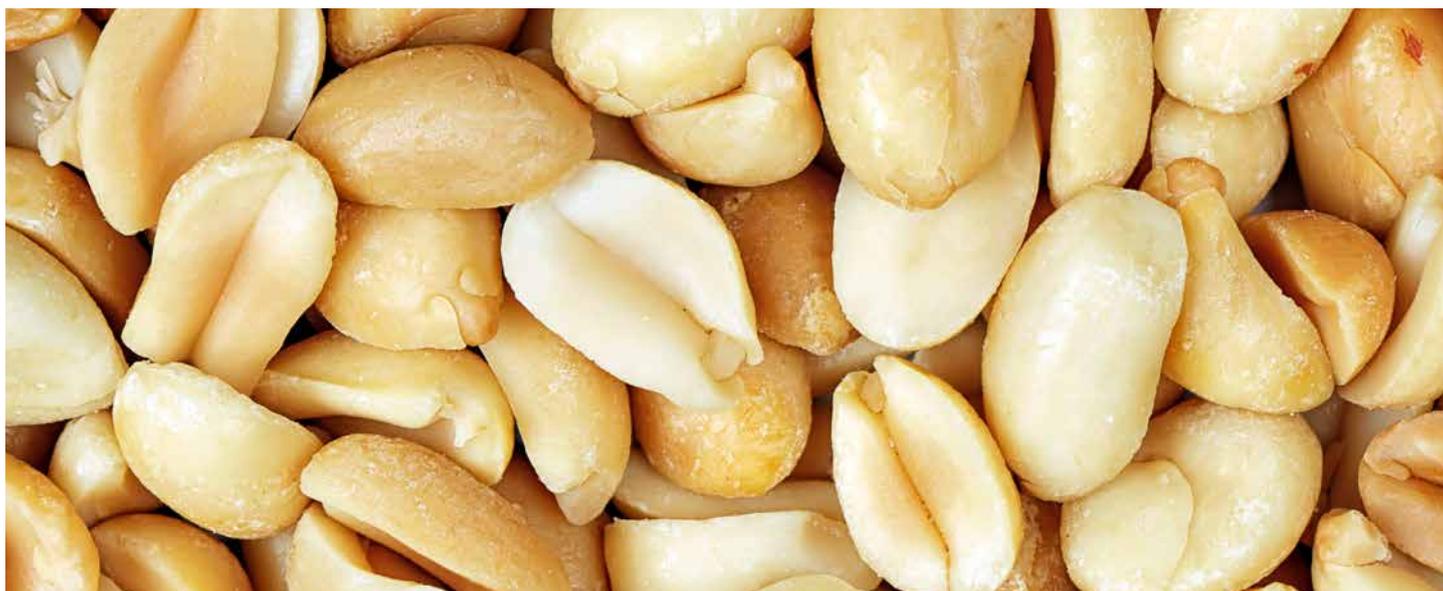


IDENTIFYING PEANUT ALLERGENS



Peanut allergy is one of the most common food allergies and the one most commonly associated with anaphylaxis from minimal or trace ingestion. Anaphylaxis is a sudden and potentially deadly allergic reaction that requires immediate medical attention.

Despite what the name suggests, peanuts are not nuts but belong to the legume family. A person who is allergic to peanuts may also be allergic to tree nuts (peanuts and tree nuts have similar protein structures) and they are also more likely to react to lupin, a legume in the same family as the peanut which is becoming increasingly common as an ingredient in gluten-free foods.

Peanut is considered a key allergen under the Australia New Zealand Food Standards Code. Any food, food ingredient or ingredient component can cause severe allergic reactions, including life-threatening anaphylaxis, but most food allergies in Australia are caused by peanuts, tree nuts, milk, eggs, sesame seeds, fish, shellfish, soy, lupin and wheat.

The Food Standards Code requires these foods to be declared on labels whenever they are present as ingredients or as components of food additives or processing aids, or made accessible to consumers when they ask for it if the food is not labelled.

It is critically important that food businesses are aware of any allergens in the products they prepare and sell. To do so, Food Handlers must read the ingredient labels of all pre-made foods or ingredients that come into the business.

Not all Food Handlers will be responsible for reading ingredient labels or determining which foods contain which allergens. Many food businesses delegate these responsibilities to the back-of-house employees who prepare or cook the food. This is done under the supervision of a kitchen manager who coordinates how this information is:

- recorded and stored
- communicated to other Food Handlers or managers
- communicated to customers (e.g. explicitly stated on the website or on menus, available in writing to any customer that asks or through customer-employee interactions)

Food businesses should avoid using any products that do not have an ingredient list, and should be aware that manufacturers may occasionally change their recipes or use different ingredients for variations of the same product.

IDENTIFYING PEANUT ALLERGENS



Foods and ingredients to avoid

- peanuts (e.g. whole, blanched, chopped, flour, meal, paste)
- peanut butter, peanut brittle
- peanut sprouts
- peanut oil, satay
- arachide, arachis, arachis oil
- groundnuts, groundnut oil
- earth nuts, beer nuts, monkey nuts
- goober nuts, goober peas
- pralines
- nut meat
- valencias (a type of sweet peanut commonly used in all-natural peanut butter)
- mandelonas (a nut-flavoured peanut confection)
- artificial nuts made from re-formed peanut products (e.g. Nu-Nuts™)

Foods and products that may contain peanuts

- baked goods (e.g. biscuits, cakes, slices, pastries)
- almond/hazelnut pastes or spreads, chocolate spreads
- icing, glazes, marzipan, nougat
- candies, confectionery (e.g. mandelonas, chocolates, chocolate bars, pralines)
- snack foods (e.g. dried fruit mixes, trail mixes, muesli bars)
- cereals, granola, granola bars
- vegetarian meat substitutes
- pasta sauces (e.g. pesto)
- stuffing, gravy
- salad dressings
- soup, dried soup mixes
- ice cream, frozen desserts, frozen yoghurts, sundae toppings

IDENTIFYING PEANUT ALLERGENS

Cuisines that often contain peanuts

- Indonesian (e.g. satay)
- Thai (e.g. pad thai)
- Vietnamese (e.g. crushed peanut as a topping, spring rolls)
- Indian (e.g. curries)
- Chinese (e.g. Szechuan sauce, egg rolls)
- African (e.g. stews)
- Mexican (e.g. chili, chipotle sauce)

Note: This is not a complete or comprehensive list of ingredients to avoid. Food and food products purchased from other countries are not always produced using the same manufacturing and labelling standards as in Australia.

