



Peanut Allergies and Children

A peanut allergy is a serious medical condition. An allergy to peanuts can cause a serious reaction called anaphylaxis, which can be fatal. When one or more children in a group has a peanut or nut allergy, parents and caregivers will be asked not to send lunches and snacks containing peanuts and nuts.

It is very important that everyone around a child with an allergy, including teachers, parents, camp leaders, coaches and other children understand the risks and help children with allergies avoid a life-threatening reaction.



Allergen Labelling

If a packaged food contains a priority allergen (peanuts, eggs, seafood (fish, shellfish, crustaceans), sesame, soy, tree nuts, wheat, dairy, mustard), gluten or sulphites it must be listed at least once on the food label. It may be listed within the ingredients list (Package A). It can also be listed using a “contains” statement, found right after the ingredients list (Package B). Food labels must use clear and simple names for allergens, such as “wheat” and “egg”. Ingredients lists change. Read the list every time you buy the food item.

Package A

INGREDIENTS: Whole grain wheat, sesame cereal, soy flakes, brown rice syrup, dried cane syrup, chicory root fibre, canola oil, honey, salt.

Package B

INGREDIENTS: Whole grain wheat, sesame cereal, soy flakes, brown rice syrup, dried cane syrup, chicory root fibre, canola oil, honey, salt.
Contains: wheat, sesame, soy

“May Contain” Statement

Some products might have a “may contain” statement on their food label. For example, “May contain: peanuts”. This means the product may have come into contact with peanuts during manufacturing. These products should be avoided.

Foods without Ingredients Lists

Some products might not have a complete list of ingredients. For example, bulk foods or certain premade foods (e.g., salad bars, bakery, hot deli foods). These products should be avoided.

Imported Foods

Imported foods with foreign language ingredient lists should be avoided, unless you are able to read that language. Imported foods without ingredient lists should also be avoided.

Cross-contamination and Allergy-Safe Food Preparation

Cross-contamination happens when a peanut-safe food comes into contact with peanuts. This can lead to an allergic reaction. To prevent cross-contamination, wash your hands with soap and warm water before preparing food. Clean and sanitize food preparation and cooking surfaces, utensils and any equipment. Keep foods with allergens and any utensils, cooking surfaces or equipment used for that food separate from allergen-safe foods. Encourage children not to share food.

What Foods Can I Eat For Protein?

The following foods have the same amount of protein as 2 tablespoons of peanut butter:

- 1 oz (30 g) of meat (e.g., poultry, pork, beef) (about the size of half a deck of cards)
- $\frac{3}{4}$ cup (175 g) yogurt
- 1 cup (250 mL) white milk or unsweetened fortified soy beverage
- 1 oz (30 g) cheese (about the size of four dice)
- 1 cup (250 mL) lentil or pea soup



Can't the Child With Allergies Just Avoid Peanuts?

It only takes a small trace of peanut to cause a severe allergic reaction. Sometimes the peanut ingredients can transfer to another food that does not normally have peanuts in it. For example, if surfaces, hands or toys have peanut on them and are not properly sanitized, a child with an allergy could easily come into contact.

List of Foods That Commonly Contain Peanuts

- Granola bars, cereal, granola, muffins
- Trail mix
- Desserts (ice cream, frozen yogurt, cakes, pastries, cookies)
- Satay
- Thai food (pad Thai, curries)
- Vietnamese food (crushed peanut topping, spring rolls)
- Chinese food (Szechuan, egg roll)
- Hydrolyzed plant protein and vegetable protein



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