

Identifying Allergens: Peanuts

Retail Food Establishments – Food Safety

A food allergy can appear at birth and continue throughout a person's life. Occasionally, depending on the type of allergen it may be possible to outgrow it. It is also possible for a person to eat something for most of their lives that becomes a food that causes an allergic reaction.



Reactions generally happen within minutes or hours of eating a product that is, or a product that contains a food allergen. Even small amounts of a food identified as an allergen could **result in symptoms that range from mild to life-threatening**.



R.61-25, Chapter 3, Section 3-602.11 requires labeling of grab-and-go foods and bulk customer self-service foods in a retail food establishment. Along with listing all ingredients in these foods, the label must clearly identify all major food allergens in the product.

Labeling does not apply to table service or foods packaged for a to-go order. Customers with allergy concerns may ask questions about ingredients, or how a product is cooked or prepared. As a person-in-charge, a server, or other food staff you play an important role in helping the customer make informed decisions about their food choices.

A food may contain more than one ingredient identified as an allergen.

Peanuts are listed as one of the major food allergens.

PEANUTS

Although called a nut the peanut is a legume. Peanuts grow in the ground, not on a tree. A person with a peanut allergy could also be allergic to tree nuts, but they may not be.

Like tree nuts, it is easy to see peanuts in some dishes. When added as an ingredient, some products include "peanut" as a part of its name, such as peanut butter bread or peanut brittle.

There are a variety of foods that may contain peanuts as an ingredient. Peanuts, sometimes called goobers, may be found in foods such as:

- **Baked goods** (e.g., cookies, breads, pastries, pies)
- **Cereals** (hot and cold)
- **Sauces** (e.g., Pad Thai, mafé, satay)
- **Salad dressings**
- **Cold/Frozen Desserts and Treats** (e.g., ice cream, custards, sorbets, milkshakes, pudding)
- **Candies** (e.g. chocolate bars, candy rolls)
- **Protein bars**



Some allergens in foods may not be obvious for example, those:

- Cooked in peanut cooking oil.
- Prepared using peanut flour or powder.
- Prepared using finely chopped, crushed, or blended peanuts.
- Prepared in a food establishment that is also used to prepare foods that contain peanuts. Therefore, it is possible that traces of the allergen may be present while preparing foods that do not have peanuts in the recipe.

Along with peanuts, soybeans are legumes. A person with a peanut allergy could also be allergic to soy, but they may not be.

Additional information and guidance on **Major Food Allergens** may be found in [Regulation 61-25, Retail Food Establishments](#), Chapter 1, Section 1-201.10(B)(64) and the Conference of Food Protection [CFP -Major Food Allergen Framework](#).

