Peanut Allergies

Peanut allergies are one of the most common allergies known. The cause is when the body identifies peanut proteins as harmful and the immune system responds by releasing chemicals in the blood causing an allergic reaction. This can happen with either indirect or direct contact. Indirect is when the proteins are inhaled or are contaminating a product that does not contain peanuts. Direct contact happens when peanuts are ingested. Symptoms can occur in minutes after ingestion and can range from mild to severe.

Since peanuts are used in a variety of products, often hidden, people with this allergy have to be very careful about what foods they eat. Thanks to changing food label laws that require listing the main allergens that are contained in the product, it has become easier to identify what products are safe and which are not.

It is a good idea to meet with Sue Philbrook, the Food Service Supervisor in charge of special diets at Union Drive Marketplace, to set up a menu plan of foods to eat. She can be contacted through email at sueph@iastate.edu or by phone at 515-294-4109.

For More Information:

**Net Nutrition** - Use the filters on the side to eliminate peanut containing products

**Mayo Clinic** - Information about peanut allergies

**Food Allergy and Anaphylaxis Network** - Tips on how to avoid peanut containing foods

**Food Allergy and Anaphylaxis Network** - How to read labels for peanut allergies