

Item	Foods Allowed	Foods Not Allowed
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>All vegetables and their juices</li> </ul>	<ul style="list-style-type: none"> <li>Vegetables canned in undisclosed oil</li> <li>Vegetable dishes containing peanuts, peanut oil, unknown nuts or oil</li> </ul>
<b>Fruit</b>	<ul style="list-style-type: none"> <li>All fruit and fruit juices</li> </ul>	<ul style="list-style-type: none"> <li>Fruit dishes containing peanuts, peanut oil, unknown nuts or oil</li> </ul>
<b>Salads</b>	<ul style="list-style-type: none"> <li>Salads without peanuts, peanut oil or unknown oil</li> </ul>	<ul style="list-style-type: none"> <li>Salads containing peanuts, peanut oil, unknown nuts or oil</li> </ul>
<b>Grain Products</b>	<ul style="list-style-type: none"> <li>Bread, buns, baked goods free from peanuts and peanut oil</li> <li>Dried pasta</li> <li>Plain cooked grains, plain oatmeal</li> <li>Ready-to-eat cereals, homemade granola without peanuts</li> <li>Regular Cream of Wheat</li> </ul>	<ul style="list-style-type: none"> <li>Commercial or homemade baked goods made with peanuts, peanut oil, undisclosed sources of nuts, oil or shortening, baking mixes</li> <li>Ready-to-eat cereals with unknown added oils and nuts, granola.</li> </ul>
<b>Milk &amp; Alternatives</b>	<ul style="list-style-type: none"> <li>Milk, cream, sour cream, plain yogurt, plain cheese</li> <li>Dips made with allowed ingredients</li> </ul>	<ul style="list-style-type: none"> <li>Cheese slices, dips, spreads and cheese balls containing nuts or undisclosed ingredients</li> </ul>
<b>Meat &amp; Alternatives</b>	<ul style="list-style-type: none"> <li>Fresh or frozen meat, poultry or fish</li> <li>Grill, roasted meat, poultry, fish</li> <li>Fished canned in broth, water, non-peanut oils</li> <li>Plain eggs</li> <li>Pure legumes except peanuts</li> <li>Tofu</li> <li>Packaged plain, pure nuts/seeds</li> <li>Pure nuts and seed oils and their butters (almond, cashew, sesame tahini butter)</li> </ul>	<ul style="list-style-type: none"> <li>Chinese or Thai dishes, egg rolls</li> <li>Commercial chili</li> <li>Fish canned in undisclosed oils</li> <li>Meat, poultry, fish, egg, legume dishes made with peanut or undisclosed nuts or oils, vegetarian burgers and other meat substitutes unless labeled "peanut free"</li> <li>Peanut butter, oil, flour, protein</li> <li>Artificial, goober, mandalona and mixed nuts, goober peas</li> <li>Hydrolyzed peanut protein</li> <li>Nuts and oils of undisclosed origin</li> <li>Nuts from bulk bins even when labeled 'peanut free'</li> </ul>
<b>Soups</b>	<ul style="list-style-type: none"> <li>Homemade meat, poultry, vegetable soup stocks</li> </ul>	<ul style="list-style-type: none"> <li>Some dried, packaged soup mixes (may contain peanut oil)</li> </ul>

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<b>Oils &amp; Fats</b>	<ul style="list-style-type: none"> <li>• Butter, cream, lard, meat drippings, gravy made with meat drippings, pure vegetable, nut or seed oil from specified source</li> <li>• Homemade salad dressings and sauces without peanuts or peanut oil</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut oil</li> <li>• Salad dressings made with unknown oil source</li> <li>• Margarine unless oil source is known and is peanut-free</li> </ul>
<b>Desserts &amp; Sweets</b>	<ul style="list-style-type: none"> <li>• Ice cream made without nuts</li> <li>• Homemade desserts, cookies, cakes and muffins with allowed ingredients</li> <li>• Molasses, maple and corn syrup, plain sugar and honey, pure chocolate and cocoa</li> </ul>	<ul style="list-style-type: none"> <li>• Ice cream flavoured with nut, chocolate, milk-based confectionaries unless labeled “peanut free”</li> <li>• Chocolate with unknown ingredients, chocolate bars, cookies, candies, marzipan</li> </ul>
<b>Fluids</b>	<ul style="list-style-type: none"> <li>• Tea, herbal tea, coffee</li> <li>• Fruit Juices</li> <li>• Carbonated beverages</li> <li>• Boost® or Ensure® nutritional supplements</li> </ul>	<ul style="list-style-type: none"> <li>• Eggnog, milkshakes, malted and chocolate drinks may contain oils of unknown origin</li> </ul>
<b>Miscellaneous</b>	<ul style="list-style-type: none"> <li>• Pure herbs and spices</li> <li>• Ketchup, mustard, relish, soy sauce, Tabasco sauce®, vinegar</li> </ul>	<ul style="list-style-type: none"> <li>• Seasoning packets with undisclosed ingredients</li> <li>• Garlic or sun-dried tomatoes packed in undisclosed oil</li> </ul>

**\*Notes:**

- Read labels to make sure.
- Avoid any foods with the statement “Contains peanuts” or “May contain: peanuts” or similar wording on the label

**References:**

- Government of Canada – Health Canada, “Peanuts – A priority food allergens”, 2017
- Dietitians of Canada - Practice Based Evidence in Nutrition (PEN), “Peanut Free Diet”, 2012