



Peanut and Tree-Nut Free Snacks



Ingredients often change, so please read labels carefully every time. Avoid products with peanuts or tree-nuts (walnuts, almonds, pecans, etc.) listed as an ingredient, or in a statement such as “may contain walnuts ...” or “manufactured in a facility with peanuts....”

Fruit

Fresh fruit, fruit cups and fruit gel bowls
Some dried fruit, dates, raisins (*Avoid Mariani brand*)

Vegetables

Dairy

Cheese, string cheese
Yogurt

Cereal, Cracker, and Chip-type Snacks

Kellogg's Nutrigrain or Yogurt bars
Jewel Fruit and Grain Cereal Bars
Nabisco Honey Maid Grahams, original, reduced fat, chocolate or cinnamon
Smart Pop or *Act II* Microwave Popcorn
General Mills Wheat, Corn or Rice Chex, Cheerios
Pepperidge Farm Goldfish Crackers
Pretzels, *except Snyder brand*
Nabisco Graham Crackers or Teddy Grahams (honey/cinnamon/chocolate)



Avoid These Foods Which May Contain Peanuts or Tree-Nuts



Some of these products contain peanuts or tree-nuts; for others, there is a possibility of cross-contamination with nut-containing products in the same area of production or during packaging or handling. Beware of “*may contain peanuts or tree nuts*” or “*manufactured in a facility that processes peanuts or tree nuts*” statements:

All store-produced bakery goods such as bagels, Artisan breads, cookies and pastries
All bulk food products
Granola bars and Energy bars (*Zone*, *Balance Bar*, etc)
Trail mix, gorp
Jelly beans
Lay's Kettle Chips
Ritz-Bitz or *Austin* peanut butter crackers or cheese crackers
Rice cakes
Sunflower seeds
Mariani dried fruit (cranberries, dates, raisins)
Anything containing *Arachis*, *Praline*, *Nougat*, *Marzipan*

Resources for further information:

The Food Allergy and Anaphylaxis Network,
Peanut Allergy,
The Food Allergy Project, Inc.,