

MIX & MATCH FOR PEANUT-SAFE FUN

Choose items from the following food groups from Canada's Food Guide for peanut-safe snacks and meals that kids will love!

VEGETABLES AND FRUIT

- Veggies and homemade dip or homemade salad dressing
- Sliced fruit with vanilla or fruit flavoured yogurt or make fruit kabobs!
- Fruit salad – let the kids pick so it is different every time!
- Dried fruit, such as raisins, apricots & cranberries - only have them every now and then because they tend to stick to your teeth.



MEAT AND ALTERNATIVES

- Tuna salad, ham salad, chicken salad
- Hamburgers, meatballs in sauce
- Hummus
- Hard cooked eggs – try devilled eggs!
- Chicken nuggets (homemade)

GRAIN PRODUCTS

- Pita bread – use to dip in tuna salad, homemade dip
- Bagels with cottage cheese or even melted cheese!
- Cereal (read the label!)
- Muffins (homemade)
- Crackers (read the label!)
- Rice – hot, cold or try rice pudding made with milk!
- Granola (homemade)
- Cookies (homemade)
- Hot cereal such as oatmeal – make a jam face on top!
- Toast – dip in applesauce & cinnamon
- Cakes or loaves such as banana loaf or zucchini loaf with cocoa (homemade)
- Pancakes – let the kids make pancake sandwiches!
- French toast with yogurt and fruit
- Popcorn sprinkled with parmesan cheese

MIXED DISHES

- Pizza – let the kids make their own mini-pizzas!
- Spaghetti
- Lasagna
- Pasta salad with veggies
- Potato salad with egg
- Baked macaroni and cheese
- Smoothies – milk, fruit flavoured yogurt & pieces of real fruit, blend together
- Stew

MILK AND ALTERNATIVES

- Cheese
- Yogurt – try making your own frozen yogurt pops!
- Milk
- Puddings made with milk (homemade)

Read all labels of any pre-packaged products to make sure that they do not contain peanuts.

Other names for peanuts:

These names are not permitted based on the enhanced labelling requirements for food allergens. But, if you have a peanut allergy and see one of the following in the list of ingredients on a product you should not eat it.

- Arachis oil
- Beer nuts
- Goober nuts, goober peas
- Ground nuts
- Kernels
- Mandelonas, Nu-Nuts™
- Nut meats
- Valencias

Food and products that contain or often contain peanuts:

- Ethnic foods, such as satay, Thai (for example, curries), Vietnamese (for example, crushed peanut as a topping, spring rolls) or Chinese (for example, Szechuan sauce, egg rolls)
- Hydrolyzed plant protein & vegetable protein
- Vegetarian meat substitutes

Other possible sources of peanuts:

- Almond & hazelnut paste, marzipan, nougat
- Baked goods
- Chili
- Cereals
- Desserts
- Dried salad dressings and soup mixes
- Icing, glazes
- Snack foods, for example, trail mixes

For more information, call the **Health Action Line** at 1-800-660-5853 or visit us on the web at www.healthunit.org/nutrition



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1-800-660-5853
www.healthunit.org
contact@healthunit.org
www.facebook.com/LGLHealthUnit

