

Peanut-Free Snacks



If your school has decided to go peanut-free, and there are restrictions on nut products, don't worry, there's still a variety of foods to eat!

Tips:

These foods have the same amount of protein as 2tbsp of peanut butter:

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| -1 oz of meat, poultry, fish | -1 egg |
| - 1 oz cheese (cheese string) | -1 small slice cheese pizza |
| -3/4 cup yogurt | -1 cup lentil or pea soup |
| -1 cup milk | -4 tablespoons pea butter |

 Some nut-free Snack Ideas include: fruit, veggies, juice boxes, cheese, bagels, oatmeal cookies, milk, nut-free cereal bars (Nutrigrain), homemade muffins, sliced meat wraps, plain popcorn and homemade trail mix (seeds, dried fruit, pretzels, shreddies, soy beans, etc.)

- ➔ **Caution:** Read the Labels, and avoid products with: Arachide, arachis oil, beer nuts, cacahouete, goober nuts, goober peas, ground nuts, mandelonas, nut meats, peanut flour, peanut oil, peanut sauce, valencias.
- ➔ **Foods that may contain peanuts:** Almond paste, baked goods, candy, cereals, Chinese foods, chocolate bars, cookies, fried foods, granola or fruit bars, macaroons, nougat, satay sauce, Thai food.

For more information:

- ~Contact the Calgary Health Link at 943-LINK and ask to speak to a dietitian
- ~Allergy Asthma Information Association <http://www.aaia.ca>
- ~Anaphylaxis Network of Canada: <http://www.anaphylaxis.org>
- ~Calgary Allergy Network: <http://www.calgaryallergy.ca>
- ~The Food Allergy & Anaphylaxis Network: <http://www.foodallergy.org>
- ~ Refer to the School Nutrition Handbook for information on school nutrition: (<http://www.calgaryhealthregion.ca/nutrition>).