

Food List re. Child with Severe Peanut Allergy

Unsafe Foods:

- ⤴ Peanuts, also known as monkey nuts or ground nuts
- ⤴ Peanut butter
- ⤴ Cow's milk
- ⤴ Dairy yogurts e.g. Petit Filous
- ⤴ Tomato Soup
- ⤴ Fig Rolls
- ⤴ Ice-cream- Cornetto, Oreo ice-cream, Smarties ice-cream, Ben and Jerry ice-cream
- ⤴ Any product made by Mars Ireland- Snickers Mars Bar, Maltesers, Starburst, Teaser bars, Uncle Ben's Rice, Dolmio
- ⤴ Starbars

Safe Foods:

- ⤴ All soya products e.g. Milk, yogurt, custard etc.
- ⤴ Vegetable Soup
- ⤴ Eggs
- ⤴ Babybel cheese
- ⤴ Heinz Baked Beans/ Spagetti hoops
- ⤴ Jacob's Cream Crackers
- ⤴ All fruit
- ⤴ Raisins