

Legume Elimination Diet

The peanut is a member of the legume family, so if reactivity to peanut is established, it may (about 5% cross react) be necessary to eliminate the following legumes:

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|----------------------------------------------------|---------------------------------------------------------------------------------|----------------------------------------------------------|
| Acacia gum | Fava beans (broad beans) | Mung beans |
| Adzuki beans | Flageolets | Navy beans |
| Alfalfa sprouts | Fenugreek (used in curries, cinnamon, flavoring in imitation maple syrup) | Peanuts* |
| Black beans (turtle beans) | Great Northern beans | Pinto beans |
| Black-eyed peas | Green beans | Red beans |
| Broad beans | Green peas | Snap peas |
| Cannellini | Kidney beans | Snow peas |
| Carob beans | Lentils | Soybeans * |
| Cassia or senna (in laxatives, curry, cinnamon) | Licorice | Split peas |
| Chick peas (garbanzo beans) | Lima beans | String (green) beans |
| Cow peas | Lupin beans (Lupine protein) | Tamarind |
| Cranberry beans | Masur beans | Taugeh (sprouted small green beans used in egg rolls) |
| | | Tragacanth gum |
| | | Wax beans |

Additional ingredients to avoid:

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| Edamame | Soybean – curd, granules |
| Miso | Soy Protein – concentrate, hydrolyzed, isolate |
| Natto | Soy Sauce |
| Shoyu | Tamari |
| Soy – soy albumin, soy cheese, soy fiber, soy flour, soy grits, soy ice cream, soy milk, soy nuts, soy sprouts, soy yogurt | Tempeh |

Soy is sometimes found in the following:

Asian Cuisine
Vegetable gum
Vegetable starch
Vegetable broth

* CAAC has a separate handout for “soy” elimination and “peanut” elimination.

Resource Tip:

Video: “Alexander: The elephant who couldn’t eat peanuts”