

Peanut Allergy Friendly Snacks

Courtesy of
PeanutAllergy.com

PEANUT BUTTER ALTERNATIVES

SunButter
Wow Butter
I.M. Healthy
Soy Nut Butter

PRETZELS

AllerEnergy
Gluten-Free
Soft Pretzels
Newman's Own
Pepperidge
Farm
Rold Gold
Original

FRUIT SNACKS

Annie's Organic
Bunny Fruit Snacks
Betty Crocker
Fruit Flavored
Snacks (Fruit
Roll-Ups, Fruit by
the Foot, Gushers,
character-based
snacks)
Surf Sweets

CHIPS

Doritos Tortilla Chips
Cheetos Cheese Snacks
Kettle Brand Chips
Ruffles Ridged
Lay's Potato Chips
Sun Chips
Tostitos Tortilla Chips
Stacy's Pita Chips
Pirate's Booty

CRACKERS

Cheez-Its
Cheese Nips
Goldfish
Ritz (NOT sandwiches)
Town House Crackers
(includes Toppers, Pretzel
Crackers, Crisps)
Wheat Thins
Skeeter Snacks Grahams
Nabisco Graham Crackers
(original and Honey Maid)
Barnum's Animal Crackers
Teddy Grahams

CANDY

Smarties
Tootsie Rolls and Pops
Dum Dum suckers
Starburst
Skittles
Twizzlers
Red Vines
Sour Patch (Kids and
Straws)
Charms Blow Pops
Lifesavers
Jolly Rancher
Hard Candies

COOKIES

Skeeter Snacks (all)
Oreos (NOT Peanut
Butter Crème or
Cakesters)
Chips Ahoy
Lorna Doone
Shortbread Cookies
Nilla Wafers
Dollface Desserts (all)

POPCORN

Dollface Desserts
Salted Caramel Corn
Smartfood Popcorn
Utz Popcorn
Microwave: Pop
Secret and Orville
Redenbacher

BARs/PASTRIES

Nutri Grain bars
Kellogg's Rice
Krispies Treats
(Original)
Enjoy Life
Decadent Soft
Baked Bars

FROZEN DESSERTS

Minute Made Juice
Bars Variety Pack
Dole Fruit Bars
Variety Pack
Wink Frozen
Desserts

Source: [SnackSafely](http://SnackSafely.com) and PeanutAllergy.com. This snack guide is not a substitute for medical advice. Always review food labels carefully before consuming any food. PeanutAllergy.com and its affiliates may not be held liable for any consequences that may arise from consuming any food product. The production methods of any products listed on this document are subject to change without notice.

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