

We Can Help!

When you first get the diagnosis of a peanut and/or tree nut allergy, the focus shifts immediately to an endless list of negatives – can't eat, don't use, shouldn't touch.

SunButter® would like to give you some positive news: your child can live a long and healthy life without feeling deprived, and we're going to help you.

It's true, making safe food choices is one of the most difficult aspects of dealing with peanut and tree nut allergies. Avoiding the obvious foods—peanut butter, nut oils and snack foods containing nuts—is simply a matter of changing or altering your current habits.

- ✓ Peanut Free
- ✓ Tree Nut Free
- ✓ Dairy Free
- ✓ Egg Free
- ✓ Gluten Free
- ✓ Kosher

The hidden nut proteins in food and non-food products will require a bit more diligence. Even dishwashing liquids, hand and laundry soaps, shampoos, lotions, shaving creams and cosmetics may contain ingredients that aggravate allergies. But don't worry, soon you'll become an expert label reader who easily recognizes red flag ingredients like hydrolyzed plant protein, arachis oil (peanut oil), vegetable oil or protein, prunus-amygdalus oil (almond oil) and natural flavorings. We encourage you to consult your doctor and online support groups for up-to-date allergy-related information.

SunButter® is committed to your safety.

- SunButter® is made in a peanut and tree nut-free facility.
- The SunButter® facility is located in the northern region of the country where peanuts can't grow, further reducing the risk of cross contamination.



Nutrition Facts

Serving Size 2 Tbsp (32G)
 Servings per Container About 14

Amount Per Serving

Calories 200 Calories from Fat 140
 %Daily Value*

Total Fat	16g	25%
Saturated Fat	2g	11%
Polyunsaturated Fat	6g	
Monounsaturated Fat	8g	
Trans Fat	0 g	
Cholesterol	0mg	0%
Sodium	120mg	5%
Total Carbohydrate	7g	2%
Dietary Fiber	4g	17%
Sugars	3g	
Protein	7g	

Vitamin A	0%*	Iron	8%
Vitamin C	0%	Magnesium	25%*
Vitamin E	27%*	Niacin	12%
Calcium	2%*	Zinc	10%
Copper	25%		

*Percent Daily Value (DV) based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

For additional nutritional information, please visit SunButter.com

ALLERGEN STATEMENT: Made in a peanut & tree-nut free facility. Roasted on equipment which also roasts soy.

Manufactured by SunButter® LLC
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Managing a Peanut Allergy



Things You Can Do

1. Schedule routine visits.

Stay on top of any changes in your child's allergies by visiting your allergy doctor regularly.

2. Carry an epinephrine autoinjector.

Learn when and how to use an epinephrine autoinjector and carry one with you at all times. Remember to inform your child's school, daycare providers and other guardians about his/her allergies and train them on how to treat your child if he/she has an allergic reaction. You may also want to consider having your child wear a medical alert bracelet.

3. Read labels.

Be diligent about reading labels of all food and non-food projects. Watch for hidden allergens that may trigger a reaction.

4. Stay informed.

Consult your doctor. Go online to find discussion groups and visit your local library or bookstore to find helpful books, new recipes and tips on living with allergies.

Helpful Resources

Websites

Allergy/Asthma Information Association (AAIA)
www.AAIA.ca
Anaphylaxis Canada - www.Anaphylaxis.ca
Food Allergy Research & Education (FARE)
www.FoodAllergy.org
Kids With Food Allergies (KWFA)
www.KidsWithFoodAllergies.org
FAACT - www.FoodAllergyAwareness.org
Snack Safe Guide - www.SnackSafely.com
Kyle Dine, Music About Food Allergies
www.KyleDine.com

Books

The Peanut Allergy Answer Book
Caring for Your Child with Severe Food Allergies
A Preschoolers Guide to Peanut Allergies
Alexander the Elephant Series
No Nuts for Me!
The Girl Who Cannot Eat Peanut Butter
www.AllergyBooksForKids.com



Delicious SunButter® is made from sunflower seeds and contains no peanuts or tree nuts.

SunButter® is made in the USA using locally grown and specially roasted sunflower seeds. You won't have to give up your beloved PB&J; use this nutritious alternative spread in place of peanut butter in all your favorite snacks and recipes.

Check out SunButter.com for tasty SunButter® recipes.

Why is SunButter® better than peanut butter?

- Peanut free
- Tree nut free
- Same amount of protein as peanut butter
- Gluten free
- No trans fats
- Lower in sodium
- 1/3 less saturated fat
- 27% RDA of vitamin E per serving
- Twice as much fiber
- Double the zinc
- Nearly triple the amount of iron

Find your favorite SunButter® variety!

Natural, Creamy, Crunch, Organic, No-Stir Creamy, No-Sugar Added and On-The-Go Squeeze Packs!

SunButter® Sunflower Spread tastes great and made just for you and your family!

