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## TREE NUT AVOIDANCE

**It is important to read all ingredient labels to identify foods that contain any tree nuts.** All manufactured food products that contain tree nut as an ingredient are required by US law to **list the specific tree nut on the product label.**

**Avoid** foods that contain any of these ingredients:

Almond	Macadamia nut	Brazil nut
Pecan	Cashew	Pine nut (Pignolia nut)
Chestnut	Pistachio	Filbert/hazelnut
Walnut		

The following are uncommon, additional tree nuts which require disclosure by US law:

Beech nut	Butter nut	Chinquapin	Coconut
Ginkgo	Hickory	Lychee nut	Pili nut
Shea nut			

### **Foods that often contain tree nuts:**

- Tree nuts may be found in cereals, crackers, cookies, candy, chocolates, energy bars, flavored coffee, frozen desserts, marinades, barbeque sauces and some cold cuts such as Mortadella.
- Tree nut protein will be found in foods such as Gianduja (a creamy mixture of chocolate and chopped almonds and hazelnuts although other nuts may be used), Marzipan (almond paste), Nougat, Nu-Nuts® artificial nuts, Nutella®, pesto, and nut meal.
- Some alcoholic beverages may contain nut flavorings. These beverages are not currently regulated by the labeling laws therefore it may be necessary to call the manufacturer to determine the safety of ingredients such as natural flavoring.
- Avoid natural extracts such as pure almond extract. Imitation or artificially flavored extracts are generally safe.
- Nut oils contain tree nut proteins

### **Look out for:**

- Ethnic restaurants (such as Chinese, African, Indian, Thai and Vietnamese), ice cream parlors and bakeries are considered high risk for individuals with tree nut allergy due to the common use of nuts and the risk of cross contact even if a tree nut free item is ordered.
- Tree nut oils may be found in cosmetics, lotions and soaps, nutritional supplements, medications and pet foods.
- Cross contact- Cross contact occurs when safe foods come in contact with tree nuts. This may happen through shared cooking utensils, surfaces, frying oils, deli meat slicers or not keeping safe foods separate from those made with tree nuts. Avoid cross contact by washing everything well with soap and water.

### **Usually safe:**

- The following are not tree nuts: nutmeg, water chestnuts, and butternut squash.

**Those allergic to a specific tree nut are generally advised to avoid all tree nuts. Ask your doctor if your child can have peanut (a bean) or certain specific tree nuts.**

**Read product labels carefully before buying or eating any item.**

### **RESOURCES**

-This program has additional information sheets that you may find helpful

© Consortium of Food Allergy Research NIAID Grant U19 AI 066738. Last updated: 1-14.

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