

Tree Nut Allergy

Your child should not eat tree nuts or foods that have tree nuts.

Read all food labels and do not feed your child any foods that have tree nuts.

These words, when found on food labels, show that a product has tree nuts:

- Acorn
- Almonds
- Artificial nuts
- Brazil nuts
- Buckeye
- Caponata
- Cashew
- Chestnuts
- Ground nuts
- Hazelnut (Filbert)
- Hickory nuts
- Macadamia nuts
- Mandelonas (peanuts with almond flavoring)
- Marzipan
- Mixed nuts
- Nangai nuts
- Natural nut extract
- Nut butter (Nutella)
- Nut flour
- Nut meal
- Nut meat
- Nut milk (cashew and almond milk)
- Nut oil (walnut or almond oil)
- Nut paste
- Nut pieces
- Pecans
- Pine nuts
- Pistachios
- Praline
- Tree nuts
- Walnuts
- Whole nuts

*It is important to avoid only the tree nuts that your child is allergic to and to eat all other tree nuts regularly. Ask your allergist to find out if all or only some tree nuts need to be avoided.

Label Reading Hint: Companies must list the type of tree nut on the food label. Such as: TREE NUT (ALMOND, WALNUT, PECAN).

Many foods have or might have Tree Nuts

- Baked goods (cookies, cakes, muffins, pastries, bread, crackers)
- Cereals, granola, muesli, “trail” mix
- Granola or protein bars
- Ice cream and frozen yogurt
- Natural nut extracts
- Nougat, candies, chocolate, marzipan
- Flavored coffee or coffee creamers
- Mortadella (sausage that has nuts)
- Dressings, sauces, and marinades (pesto, barbeque sauce)
- Vegetarian or vegan foods (veggie burgers, cashew cheese)

*Coconut is named on food labels as a “tree nut”, however it doesn’t always need to be avoided by people with a tree nut allergy. Ask your allergist if you need to avoid coconut.

Helpful Hints

Water Chestnut, Coconut, Palm Nut, Nutmeg, and Butternut Squash

These foods do have the word “nut” in them, but they are not tree nuts. They are safe for people with tree nut allergies and don’t need to be avoided unless they are known to cause a problem.

Seeds (Sesame, Sunflower, Pumpkin, Chia, Hemp, Flax, etc.)

Seeds are not like tree nuts and do not need to be avoided unless your allergist tells you not to eat them.

How to Replace Tree Nut Butter

Check with your allergist to make sure if any foods other than tree nuts need to be avoided.

- Peanut Butter
- Seed Butter (Beyond the Equator, Julian Bakery, Nuttzo, Sun Butter, 88 Acres)
- Soy Butter (Don’t Go Nuts, WOW Butter)
- Pea Protein Butter (NoNuts, Sneaky Chef)
- Chickpea Butter (Chixi)
- Oat Butter (Kween)

All options can be used to replace tree nut butter in recipes.