

Food Allergy: Tree Nuts

How to Spot Tree Nuts in a Food Label

1. Look for tree nuts as an ingredient. An allergy to one tree nut increases the chances of being allergic to another!
2. Avoid the following list of foods if a child is allergic to tree nuts: Almond, artificial nuts, beechnut, black walnut hull extract (flavoring), brazil nut, butternut, cashew, chestnut, chinquapin nut, coconut - recently classified as a tree nut - coconut oil/sheanut oil or butter have no reported evidence of being an allergen, filbert/hazelnut, gianduja (a chocolate-nut mixture), ginkgo nut, hickory nut, litchi/lichee/lychee nut, macadamia nut, marzipan/almond paste, nangai nut, natural nut extract (e.g., almond, walnut-although artificial extracts are generally safe), nut butters (e.g., cashew butter), nut distillates/alcoholic extracts, nut meal, nut meat, nut milk (e.g., almond milk, cashew milk), nut oils (e.g., walnut oil, almond oil), nut paste (e.g., almond paste), nut pieces, pecan pesto, pili nut, pine nut (also referred to as Indian, pignoli, pignolia, pignon, pinon, and pinyon nut), pistachio, praline, shea nut, walnut, walnut hull extract (flavoring).

Source: Food Allergy Research and Education

Unexpected Sources of Tree Nuts

Cereals, crackers, cookies, candy, chocolates, energy bars, flavored coffee, frozen desserts, marinades, barbecue sauces and some cold cuts, such as mortadella. Some lotions, hair care products, and soaps are sometimes infused with almond/walnut extract. Argan oil is derived from the argan tree nut - people are not typically allergic to this but be safe.

Watch for these phrases on labels: "Produced on shared equipment with tree nuts or peanuts." "May contain peanuts." "Made in a factory that uses nut ingredients."

High-risk foods: Cookies and other baked goods, candies, ice cream, Asian, African, and Mexican style foods, sauces.

Source: Kids Health from Nemours