



# Tree Nut Allergy

## Did You Know?

- The following are not nuts or tree nuts: nutmeg, water chestnuts, and butternut squash.
- In baking, avoid natural extracts, such as pure almond extract. Imitation or artificial flavoring are generally safe choices.



Photo by:  
<http://www.flickr.com/photos/s58y/4415406430/>

Tree nut allergies are one of the most common food allergies. Allergy symptoms can range from mild, such as rash, to severe, such as anaphylaxis, a reaction that threatens breathing and circulation. In cases of allergic reactions, seek medical help immediately.

If you have an allergy to one of the members of the tree nut family, you are more likely to have allergies to other types of tree nuts. Those with tree nut allergies may be advised to avoid all nuts and also peanuts, since tree nuts are commonly processed with the same equipment as peanuts, peanut butters, seed, and seeds butter.

If you are allergic to tree nuts, always read ingredient labeling to see if products “contain” tree nuts or were processed with the same equipment as tree nuts.

### Foods to Avoid if Allergic to Tree Nuts

- |                      |                       |              |
|----------------------|-----------------------|--------------|
| • Almond (all forms) | • Gianduja            | • Nut Pieces |
| • Artificial Nut     | • Ginkgo Nut*         | • Nut Oils   |
| • Brazil Nut         | • Hickory Nut*        | • Pecan      |
| • Beechnut*          | • Lychee Nut*         | • Pesto      |
| • Butternut*         | • Macadamia Nut       | • Pili Nut*  |
| • Cashew             | • Marzipan            | • Pine Nut   |
| • Chestnut           | • Nangai              | • Pistachio  |
| • Chiquapin nut*     | • Natural Nut Extract | • Praline    |
| • Coconut*           | • Nut Butters/Paste   | • Shea Nut*  |
| • Filbert/Hazelnut   | • Nut Meal/Meat       | • Walnut     |

\*These nuts are not tree nuts but may have cross reactions with tree nuts, but the risk is unknown.

### Food Sources of Tree Nuts You May Not Expect

- |             |                   |                   |
|-------------|-------------------|-------------------|
| • BBQ Sauce | • Candy           | • Frozen Deserts  |
| • Cereals   | • Chocolate       | • Marinades       |
| • Crackers  | • Energy Bars     | • Nut Distillates |
| • Cookies   | • Flavored Coffee | • Nut Oils        |

### More Information on Tree Nut Allergies:

<http://www.foodallergy.org/allergens/tree-nut-allergy>  
<http://www.kidswithfoodallergies.org>