

# Tree Nut Allergy Helpful Hints

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**Tree Nut Allergy:** You have been diagnosed with a tree nut allergy. The only treatment for tree nut allergy is to strictly avoid tree nuts and all food products that contain tree nuts or tree nut derivatives as an ingredient. All manufactured food products that are regulated by the Food and Drug Administration (FDA) and contain a tree nut as an ingredient must list the specific tree nut on the product label.

**Label reading tips:** Avoid foods that contain any of the following, unless otherwise specified by your allergist.

- Almond
- Brazil nut
- Cashew
- Chestnut
- Hazelnut (filbert, cobnut)
- Macadamia nut
- Pecan
- Pine nut (pignolia)
- Pistachio
- Walnut

The following are considered tree nuts under US law, however are uncommon and may not require avoidance, it is best to ask your allergist if you need to avoid them:

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

\*Although considered a tree nut by US law, **coconut** does not need to be avoided by those with a tree nut allergy unless specified by your allergist.

## **Commercial Products to Avoid:**

- Almond milk
- Hazelnut milk
- Artificial nuts
- Gianduja
- Mandalona
- Marzipan (almond paste)
- Mortadella (bologna-like lunchmeat that contains pistachios)
- Natural extracts typically used in baking (almond, hazelnut)\*
- Nougat
- Nutella®
- Nu-Nuts®
- Nut meal
- Pesto
- Tree nut oils

\*Imitation almond and hazelnut extracts are generally considered safe.

**Products that may contain tree nuts:** Always read the entire food label of the following foods:

- Baked goods
- Cereals
- Crackers
- Cookies
- Cosmetics, lotions, soaps
- Candy and chocolate
- Energy bars
- Flavored coffee
- Granola bars
- Shakes, smoothies, frozen desserts
- Marinades, barbeque sauces
- Nutritional supplements
- Pet food

**Foods that are not tree nuts:** Butternut squash, nutmeg, water chestnuts

### **Risk of cross contact:**

- Tree nut, peanuts, and seeds are often processed on the same equipment. It is important to read food labels for advisory statements or call manufacturers if you are concerned about cross contact with tree nuts.
- Tree nuts are commonly used at bakeries, ice cream shops, and ethnic restaurants and the risk of exposure or cross contact is high.

### **Tips for safe food preparation:**

- Wash hands before and after preparing or touching any food that has tree nuts
- Before preparing food, wash all cooking surfaces, equipment and utensils with hot, soapy water.
- Always prepare nut-free foods first and then cover and remove them from the cooking area.

Disclaimer: This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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