

Dietary avoidance - tree nut allergy

Tree nuts (such as almonds, cashews and walnuts) can be found in a variety of foods and often in foods we do not suspect, including chocolate, cereal or muesli bars, breakfast cereals and bakery items. Avoiding tree nuts is essential for individuals with confirmed tree nut allergy. Therefore, it is important to read and understand food labels to be able to choose appropriate foods. Tree nut allergic individuals should check with their allergy specialist if they are able to eat peanuts.

The following foods and ingredients **CONTAIN** tree nuts and should be avoided:

Almonds	Hickory nuts	Nut paste, butter or spreads
Almond paste	Macadamia nuts	Pecan/mashuga nuts
Almond meal	Macaroons	Pine nuts/Indian nuts
Artificial nuts	Marzipan	Pistachio
Beer nuts	Natural nut extract	Pralines
Brazil nuts	Non-gai nuts	Walnuts
Carponata	Nougat	
Cashews	Nut flavoured alcoholic	
Hazelnut/filberts	liqueurs and syrups	

Check these foods to see if they contain tree nuts. If they do, avoid them:

African dishes	Flavouring (natural or artificial)	Nut pastes or spreads
Asian/Indian dishes	Flavoured coffees, drinks	Pasta sauces
Baked goods	Frozen desserts	Pastries
Biscuits, cookies	Fudge	Pesto
Breakfast cereals	Health food bars	Praline
Cakes, slices	Ice cream	Salads, salad dressings
Chocolate	Lollies	Snack foods
Chocolate spreads	Marzipan	Stuffing
Crackers	Mexican dishes	Takeaway/restaurant food
Dips	Nougat	Turkish delight
Dried fruit mixes, trail mix	Nut oils	Vegetarian/vegan foods
Dukkah		

Note:

- 'May contain traces of tree nuts' on a label indicates that the food may be made in a facility that makes other foods containing tree nuts, or that the raw ingredients may have a chance of being contaminated with tree nuts, however the food may not contain tree nuts as an intentional ingredient.
- Unlabelled food or food consumed outside the home generally poses a much higher risk than food labelled as possibly containing traces. Discuss what to do about these foods with your allergy specialist.
- Prepared food that is not labelled (such as those from cake shops, food malls and restaurants) may contain or be contaminated with tree nuts.
- While nuts can look and taste similar, it is possible to be allergic to only one nut or to more than one nut. Discuss what to do about these other nuts with your allergy specialist.

The food lists included in this document are not exhaustive. Individuals with food allergy should always check foods labels each time products are purchased.

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Disclaimer

Dietary avoidance should only be undertaken if there is a medically confirmed food allergy. Please check with your medical specialist to ensure this educational information is appropriate to you. This document has been developed and peer reviewed by ASCIA members and is based on expert opinion and the available published literature at the time of review. Information contained in this document is not intended to replace medical advice and any questions regarding a medical diagnosis or treatment should be directed to a medical practitioner. The development of this document is not funded by any commercial sources and is not influenced by commercial organisations.

Content updated 2014