



How to Read a Label for a TREE NUT-FREE DIET

AVOID foods that contain nuts or any of these ingredients:

almonds
brazil nuts
cashews
chestnuts
filberts/hazelnuts
gianduja (a creamy mixture of chocolate and chopped toasted nuts found in premium or imported chocolate)
hickory nuts
macadamia nuts
marzipan/almond paste
nougat
nu-Nuts® artificial nuts
nut butters (i.e. cashew butter, almond butter)
nut oil (i.e. almond oil, walnut oil)
nut paste (i.e. almond paste)
pecans
pine nuts (pinyon nuts)
pistachios
walnuts
Ginko Nut

Foods and ingredients that **MAY** indicate the presence of **TREE NUT PROTEIN** (please call the manufacturer before using):

African, Chinese, Japanese, Indonesian, Mexican, Thai, Indian and Vietnamese dishes**
baked goods (pastries, cookies, restaurant desserts, etc.) avoid homemade, small shops (including supermarket bakeries), and unlabeled items
breakfast cereals
chocolate (candies, candy bars)
chili, barbecue sauce, spaghetti sauce
ice cream shops (both hard and soft serve ice cream)

** Often contains peanuts or are contaminated with peanuts during preparation of these types of meals.

- ▶ TREE NUTS are very allergic and can cause life threatening anaphylactic (general body) reactions. **CARRY YOUR EPI-PEN AT ALL TIMES!!!**
- ▶ Avoid natural extracts (i.e. pure almond extract)
- ▶ Avoid imitation or artificial flavored extracts (can contain natural flavorings as well.) Also, why get used to the taste, it is your first line of defense.
- ▶ Moisturizing creams may contain nut oils (check labels)
- ▶ Avoid foods labeled **MAY CONTAIN TREE NUT PROTEIN.**
- ▶ Kick sacks, hacky sacks, bean bags and draftdodgers are sometimes filled with crushed nut shells.
- ▶ Vanilla, nutmeg and coconut are NOT part of the tree nut family. Some people, though, do have a coconut allergy.
- ▶ Shea Butter used in cosmetics, soap, shampoo, etc. is derived from the shea nut and should be avoided.