

Reading a Label for Tree Nut Allergy

Tree nut allergy is very common. If you have been diagnosed with an allergy to one tree nut, speak with your doctor about allergy testing for other tree nuts. Allergy to more than one nut is common.

Tree nuts are used in many foods like:

- Barbecue sauce
- Caponata
- Cereals
- Crackers
- Ice cream
- Pesto sauce
- Pralines



The Food Label

Nuts are required to be listed on the Nutrition Facts food label. The label will either say “nuts” in the ingredient list or say “contains nuts” below the ingredient list.

The following ingredients **contain tree nuts and are not safe.**



- Almonds
- Artificial nuts
- Beech nuts
- Brazil nuts
- Butternut
- Cashews
- Chestnuts
- Chinquapin
- Coconut
- Filbert/hazelnuts
- Gianduja (creamy mixture of chocolate and chopped nuts found in premium or imported chocolate)
- Ginko nut
- Hickory nuts
- Lichee/ lychee nut
- Macadamia nuts
- Marzipan/ almond paste
- Mashuga nuts
- Nan-gai nuts
- Natural nut extract
- Nougat
- Nu-Nuts artificial nuts
- Nut butters (such as cashew butter)
- Nut meal
- Nut meat
- Nut oil
- Nut paste (such as almond paste)
- Pecans (mashuga nuts)
- Pili nut
- Pine nuts (piñon, Indian nuts, pignoli)
- Pistachios
- Sheanut
- Walnuts

Alert! watch for these foods:

- Pure almond extract **may contain** almond protein
- Natural wintergreen extracts **may contain** hazelnut/filbert
- Mandelonas are **peanuts** soaked in almond flavoring
- An Italian lunch meat called mortadella **contains pistachios**

The following foods are **safe** for an individual with tree nut allergies:

- Nutmeg
- Water chestnuts

Cross-Contamination

Tree nuts can accidentally get into foods. This is called cross-contamination. Ethnic foods, commercially-prepared baked goods, and candy are commonly cross-contaminated.

Examples:

- Hershey® Hugs may contain almonds, because they are made in the same place as Hershey® Almond Hugs.
- Kick sacks, hacky sacks, bean bags, and draft dodgers are sometimes filled with crushed nut shells.

