

TREE-NUT FREE DIET

AVOIDING TREE-NUTS

Tree-nut allergy is a common food allergy in children and adults, and may cause a severe, potentially fatal, allergic reaction called **anaphylaxis**. This can occur with even very small, “trace”, exposure of tree-nut. For this reason it is very important to always read labels to avoid inadvertent exposure to tree-nuts. Always **carry an epinephrine auto-injector** (such as an EpiPen®, Auvi-Q™ or Adrenaclick®) and have available at all times.

The major tree-nuts are **Almond, Brazil nut, Cashew, Hazelnut, Macademia, Pecan, Pistachio, and Walnut**. The allergy to one tree-nut increases the risk of allergy to another tree-nut, thus your Allergist may recommend avoidance of all tree-nuts because of the potential severity of reaction. Tree-nut allergies are usually lifelong, although a small percentage of children do outgrow their allergy. Younger siblings of children who are allergic to tree nuts may be at increased risk for allergy to tree nuts, speak with your Allergist regarding testing a younger sibling.

Processed foods are an important concern for tree-nut allergy as the proteins are used for widely in cereals, crackers, cookies, candy, chocolates, energy bars, flavored coffee, frozen desserts, marinades, sauces (especially pesto and barbeque sauce), and certain processed meats or sausage, such as mortadella. Carefully read all labels and remember to ask questions about ingredients before eating a food that you have not prepared yourself.

Cross-reactivity:

- **Tree-nuts grow on trees**, and are not related to peanuts, nutmeg, water chestnuts and butternut squash.
 - However, your Allergist may recommend avoiding peanut due to risk of cross-contact in processing.
- **Coconut is not a nut**; it is classified as a fruit. While most people who are allergic to tree nuts can safely eat coconut, do talk to your allergist before adding coconut to your child’s diet.
- **Pink peppercorn** (known as Brazilian Pepper, Rose Pepper, Christmasberry, including other names) may be a risk for people with cashew allergy. No other peppercorns or peppers have this concern.



ALWAYS AVOID FOODS THAT CONTAIN TREE-NUTS, INCLUDING THE FOLLOWING INGREDIENTS:

Almond	Natural nut extract (e.g., almond, walnut)
Argan	Nut butters (e.g., cashew butter)
Artificial nuts	Nut meal
Beechnut	Nut meat
Brazil nut	Nut milk (e.g., almond milk, cashew milk)
Butternut	Nut paste (e.g., almond paste)
Cashew	Nut pieces
Chestnut	Pecan
Chinquapin nut	Pesto
Coconut	Pili nut
Filbert or Hazelnut	Pine nut
Gianduja (a Italian chocolate-nut mixture)	Pistachio
Ginkgo nut	Praline
Hickory nut	Shea nut
Litchi/lichee/lychee nut	Walnut
Macadamia nut	
Marzipan/almond paste	
Nangai nut	

USE CAUTION, THE FOLLOWING MAY CONTAIN TREE-NUTS:

Baked goods (pastries, cookies)
Black walnut hull extract
Candy (including chocolate)
Ice Cream or Gelato
Mole Sauce
Natural Nut Extract
Nougat
Nut Distillate or Alcohol Extracts
Nut Oil (walnut oil, almond oil, etc)
Walnut hull extract



Cross-contact is an important consideration for tree-nut allergy, avoid the following or take extra precaution with the following:

- **Regional Cuisine:** tree-nuts are widely used in dishes and there is high risk for cross-contact in the following cuisine: African, Chinese, Indian, Indonesian, Italian, Thai, Vietnamese.
- **Ice cream parlors and bakeries** are also considered high-risk for people with tree nut allergy due to the common use of tree-nuts as ingredients and the possibility of cross-contact, even if you order a tree-nut-free item.
- **Natural extracts** may contain nut protein or have risk for cross-contact. Avoid a natural, pure almond extract, although imitation or artificially flavored extracts generally are safe.
- **Lotions, hair products and soaps** may contain tree-nut oils; this may contain nut protein and should be avoided.

POTENTIAL NUTRITIONAL DEFICIENCIES ON AN TREE-NUT- FREE DIET

Tree-nuts are not typically consumed in large quantities in the Western Diet, however in certain Regional Cuisines in Africa and Asia peanuts do provide an important source of protein. If your child is able to eat a variety of whole grains, meats, plant oils, soy, flax or other seeds weekly, a nutrient deficiency is very unlikely.



What nutrients are important in tree-nuts? What are good food sources of these missing nutrients?

- **Protein:** Animal meats (Chicken, Turkey, Fish, Beef, Lamb, Pork), Eggs, Beans & Lentils & Legumes, Seeds (caution with cross contamination), Whole grains— Quinoa, Millet, Teff, Barley (minimal protein)
- **Vitamin E:** Spinach, Swiss Chard, Avocado, Turnip & Beet Greens, Asparagus
- **Niacin:** Tuna, Chicken, Turkey, Salmon, Lamb, Beef, Sardines, Brown Rice
- **Magnesium:** Pumpkin Seeds, Spinach, Swiss Chard, Sesame, Quinoa, Black Beans, Navy Beans
- **Manganese:** Cloves, Oats, Brown Rice, Garbanzo Beans, Spinach, Pineapple, Pumpkin Seeds, Rye
- **Chromium:** Broccoli, Barley, Oats

ALTERNATIVES TO TREE-NUTS

Seeds *may be safe*, such as sunflower, pumpkin, sesame, flax, hemp and chia. However because of the potential for cross-contamination in processing/manufacturing and thus a life-threatening reaction, your Allergist may recommend avoidance of all seeds as well as tree-nuts.

There are **no safe alternatives or substitutes for tree-nuts**. Most artificial nuts contain ingredients derived from tree-nuts and would not be suitable for a tree-nut allergy.