

Health Facts for You



Tree Nut Allergy Diet

The only treatment for people with food allergies is to avoid the food. Tree nut allergy is one of the top 8 food allergies in the United States.

By law, foods must list ingredients by their common names for the top 8 allergenic foods. These include eggs, milk, soy, wheat, peanut, tree nuts, fish, and shellfish.

Tree nut allergy can be very dangerous. Tree nut proteins may be in foods that you don't expect. Ingredients in products may change without warning. Always check and recheck all food labels, even the "safe" foods you have bought before.

These ingredients show that the tree nut protein is present:

- Almond, almond paste
- Brazil nuts
- Cashews
- Chestnuts
- Hazelnuts (also called filberts or cobnuts)
- Lichee nut
- Gianduja (chocolate and chopped nuts in imported chocolate)
- Hickory nuts
- Macadamia nuts
- Marzipan
- Nougat
- Artificial nuts
- Nut butters (cashew, almond, pistachio)
- Nut Oil
- Nut paste
- Pecans
- Pine nuts (pignolia, pinion)
- Pistachios
- Walnuts
- Ginko nut

- Nangai nuts
- Nutella®
- Nut meal or nut meat
- Shea nut, also known as karite
- **Coconut

These ingredients may show that tree nuts are present:

- Natural extracts, such as almond extract
- Barbeque sauces
- Ice creams
- Nougat
- Chili
- Chocolate candies
- Cereals or crackers
- Marzipan
- Ground nuts
- Ethnic dishes

**Coconut, has not been restricted in the diets of people with tree nut allergy. There have been a small number of allergic reactions to coconut. Most of these reactions though, occurred in people who were not allergic to other tree nuts. Ask your doctor if you need to avoid coconut.

Breads You Can Eat

Bread products made without tree nuts

Breads to Avoid

Any bread, biscuits, doughnuts, muffins, rolls, etc. with tree nuts

Candies You Can Eat

Candy without tree nuts

Candies to Avoid

Any candy or candy bar with tree nuts or that is made on the same equipment as foods that contain tree nuts

Desserts You Can Eat

Desserts made without tree nuts

Desserts to Avoid

Any dessert made with tree nuts or nut products (read labels on store-bought products)

Fats and Oils You Can Eat

All fats and oils where there is not a risk of cross contamination or presence of tree nut protein

Fats and Oils to Avoid

Oils or fats that may be cross contaminated with tree nuts or reused

Fruits You Can Eat

All fruit

Fruits to Avoid

- Fruit cake with tree nuts or salads that may contain tree nuts (such as Waldorf salad)
- Dried fruit with nuts

Meat/Substitutes You Can Eat

All meats, soy nut butter

Meat/Substitutes to Avoid

- Chinese, Thai foods and other Asian foods prepared with nuts
- Tree nut butters like almond or cashew butter, egg rolls
- Marinated or breaded meats with tree nuts, mandelonas, and tree nuts

Milk, Cheese and Dairy You Can Eat

All milk, cheese and eggs and yogurts (see items to avoid below)

Milk, Cheese, and Dairy to Avoid

Flavored yogurts that contain granola

Potatoes, Rice and Pasta You Can Eat

Potatoes, rice, noodles, macaroni and pasta not prepared with tree nuts

Potatoes, Rice, and Pasta to Avoid

Asian noodles cooked with tree nuts

Seasonings You Can Eat

All spices and herbs

Seasonings to Avoid

Marinades that contain tree nuts

Soups You Can Eat

Soups without nuts or nut butters

Soups to Avoid

Soups prepared with tree nuts or tree nut butters, such as almond butter or almond paste

Sweets You Can Eat

All sugars, honey, jam, jelly and syrups

Sweets to Avoid

Frostings made with tree nuts

Vegetables You Can Eat

Vegetables prepared without tree nuts

Vegetables to Avoid

Asian vegetables cooked with tree nuts

Cautions and Tips

Avoid all foods that are made on equipment shared with other nuts. Avoid foods made in the same place where food products with tree nuts are made. There is a risk of cross contamination.

Although an allergy to tree nuts is common, some people are very sensitive. Carry all medicines, such as the Epi-pen, when you travel or are away from home.

People who are allergic to tree nuts are sometimes allergic to peanuts as well. Check with your doctor to confirm which nuts you need to avoid.

Seeds and other products are often processed at the same factory as peanuts or tree nuts. If you are unsure and the label doesn't state this, call the food company and ask. Some companies have separate factories for their tree nut foods, but some do not. Examples include M & M candies or Jelly Belly jellybeans.

Avoid foods that cause a reaction. Parents, caregivers and even siblings need to wash hands after eating to avoid causing a reaction with food particles.

Bring your own foods when you travel.

When you eat out, always ask restaurant staff about ingredients in food and how it was prepared. Some cooking oils can have allergens. When in doubt, do not eat it.

When you cook, clean counters, utensils and pans that have had tree nuts in or on them. For some people, even touching something that had nuts on it that was not cleaned well, will cause a reaction.

Cross Reactivity

Cross reactivity is when the proteins in one food are similar to the proteins in another food. Sometimes the body's immune system sees both proteins as similar to each other. Tree nuts are not in the same family as peanuts, but about 35% of peanut-allergic toddlers will also have or get a tree nut allergy.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 11/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#579

Sometimes doctors will tell you to avoid all tree nuts if allergic to peanuts. Other times doctors can figure out which tree nuts a child is allergic to so they only need to avoid certain nuts. Be sure to check with your doctor to figure out which tree nuts to avoid.

Websites

Food Allergy and Anaphylaxis Network
www.foodallergy.org or 1-800-929-4040

Food Allergy Foundation
www.foodallergyfoundation.org

American Academy of Allergy Asthma and Immunology www.aaaai.org (there is a great section called "Just for Kids" that has great tips, information, ideas and recipes)

Kids With Food Allergies:
<http://www.kidswithfoodallergies.org> (this site has a great recipe section)

Food Allergy Association of Wisconsin-
<http://foodallergywis.org/> or 608-575-9535

Who to Call

If you are a UW Health patient and have more questions, please contact UW Health at one of the phone numbers listed below. You can also visit our website at www.uwhealth.org/nutrition.

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH) can be reached at: **(608) 890-5500**.

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770**.