

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 9 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 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 (if highly refined generally ok to have)
- 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** is actually a fruit but is declared on labels as a tree nut. It is uncommon to be allergic to coconut. 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 EpiPen[®], 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.

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).

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.

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH)
(608) 890-5500

You can also visit our website at:
www.uwhealth.org/nutrition.

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 © 07/2023 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#579