

TREE NUT Allergen Card



Ingredients to avoid if you are allergic to tree nuts*:

Almonds
Artificial nuts
Brazil nuts
Carponata
Cashews
Gianduja (a nut mix)
Hazelnuts/Filberts
Hickory nuts
Macadamia nuts
Marzipan/almond paste
Nangai nuts
Non-gai nuts
Natural nut extract
Pecans/mashuga nuts
Pine nuts⁺
Pistachios
Pralines
Walnuts

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⁺Pine nuts are also known as: pinyon, pignoli, pignollia, pinon and pignon.

Any food containing nut or nut derivatives must be avoided (eg nut butters, nut meal, nut oil). Seek allergy specialist advice on eating peanuts when tree nut allergic. Around 35% of those with tree nut allergy are also allergic to peanuts.

People with tree nut allergy are very rarely allergic to chestnuts. The protein in chestnuts is similar to the protein in some pollens which cause allergic rhinitis/hay fever. Those with latex allergy can be allergic to chestnut.

Products which may contain tree nuts include:

African/Asian/Indian dishes
Baked goods
Baklova
Biscuits
Breakfast cereals
Cereals
Chocolate
Chocolate spreads
Dips
Dried fruit mixes
Dukkha
Flavouring (natural/artificial)
Flavoured coffees, drinks
Frozen desserts (ice cream)
Health food bars
Lollies
Marzipan
Mexican dishes
Nougat
Nut flavoured alcohol, syrups
Pastries
Pesto
Salads
Soups
Stuffing
Snack foods
Tea bags
Turkish delight
Vegan dishes

*This is not a complete or comprehensive list of ingredients to avoid but is intended as a helpful aid for living with tree nut allergy. It is NOT meant to replace medical advice given by your doctor.

Those with nut allergy generally do not need to avoid coconut and nutmeg. Remember: Cosmetics, lotions, shampoos, moisturisers and the like can contain food allergens. Some medications (prescribed and over the counter) and alternate therapies can also contain food allergens.

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