



## Tree Nut-Free Diet

Note: For your convenience, the following list is available on a sturdy wallet-sized plastic card from the Food Allergy & Anaphylaxis Network. The price is \$2.00 plus shipping and handling. Call (800) 929-4040 to order.

All FDA-regulated manufactured food products that contain a tree nut as an ingredient are required by U.S. law to list the specific tree nut on the product label.

### Avoid foods that contain nuts or any of these ingredients:

almonds	Nangai nuts
artificial nuts	natural nut extract ( <i>e.g., almond, walnut</i> )
beechnut	nut butters ( <i>e.g., cashew butter</i> )
Brazil nuts	nut meal
butternut	nut paste ( <i>e.g., almond paste</i> )
cashews	nut pieces
chestnuts	nutmeat
chinquapin	pecans
coconut	pesto
filberts/hazelnuts	pili nut
gianduja ( <i>a chocolate-nut mixture</i> )	pine nuts ( <i>also referred to as Indian, pignoli, pigñolia, pignon, piñon, and pinyon nuts</i> )
ginkgo nut	pistachios
hickory nuts	praline
litchi/lychee/lychee nut	shea nut
macadamia nuts	walnuts
marzipan/almond paste	

### Tree nuts are sometimes found in the following:

black walnut hull extract (*flavoring*)  
natural nut extract  
nut distillates/alcoholic extracts  
nut oils (*e.g., walnut oil, almond oil*)  
walnut hull extract (*flavoring*)

### Keep the following in mind:

- Mortadella may contain pistachios.
- There is no evidence that coconut oil and shea nut oil/butter are allergenic.
- Many experts advise patients allergic to tree nuts to avoid peanuts as well.
- Talk to your doctor if you find other nuts not listed here.

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