

Treenut Allergy Information

Avoid foods with the following ingredients:

Almonds, brazil nuts, cashews, chestnuts, coconuts, filbert/hazelnuts, gianduja (a creamy mixture of chocolate and chopped toasted nuts found in certain premium or imported ice creams), hickory nuts, macadamia nuts, marzipan/almond paste, nougat, Nu-Nuts, nut butter, cashew butter, nut paste, almond paste, pecans, pine nuts, pistachios, and walnuts.

Keep in Mind:

1. Artificial nuts can be peanuts that have been de-flavored and re-flavored with a tree nut, like pecan or walnut.
2. Filberts are actually hazelnuts.
3. Avoid natural extracts (pure almond extract- instead use artificially flavored or imitation extracts)
4. Tree nuts have been used in many foods including barbeque sauce, breakfast cereals, crackers, and ice creams.
5. While peanuts and tree nuts such as almonds, cashews, pecans, walnuts, etc., are not related foods, the potential for cross-contamination is high. This means that where peanuts are found, tree nuts are also commonly found. It is a good idea to avoid all nuts if you are tree nut allergic!