



Allergy Section

How to Read a Label for a
TREE NUT-FREE DIET

Avoid foods with these ingredients:

Almonds
Brazil nuts
Cashews
Chestnuts
Filbert/hazelnuts
Gianduja (a creamy mixture of chocolate and chopped toasted nuts found in premium or imported chocolate)
Hickory nuts
Macadamia nuts
Marzipan/almond paste
Nougat
Nu-Nuts® artificial nuts
Nut butters (i.e. cashew butter)
Nut oil
Nut paste (i.e. almond paste)
Nutella
Pecans (Mashuga nuts)
Pine nuts (pinyon nuts)
Pistachios
Walnuts

Keep the following in mind:

- Artificial nuts can be peanuts that have been de-flavored and re-flavored with a nut, like pecan or walnut.
- Filberts are also hazelnuts.
- Avoid mineral extracts, i.e. pure almond extract. Use imitation artificial flavored extracts.
- Tree nuts have been used in many foods including barbecue sauce, cereals, crackers and ice cream.