

# What walnuts look like

Tree nuts are a delicious food that are very nutritious, and can be included as an important part of a healthy diet. However, for people allergic to tree nuts, such as walnuts, completely avoiding walnuts is the only way to manage your allergy as currently there is no cure. To safely manage your allergy, it's important to recognise walnuts in their different forms and know which foods contain them.

Walnuts are a tree nut which can be found in many different foods. They may appear whole (the kernel), or in a variety of forms.

## Kernel



Walnut kernels are round with deep, curly creases, much like a brain

## Shell



Walnuts have a round, brown shell with uneven texture



## Managing your walnut allergy

- Look for your allergen in the ingredients list, and for precautionary allergen labelling on packaging. Check ingredients each time you buy the food because they can change.
- Don't rely on menu descriptions when ordering foods and drinks at restaurants. Tell food service staff about your allergy, and ask about ingredients, preparation and cross contamination risks.
- Check for walnuts 'hidden' in foods and drinks, such as meals or flours, butters, essences, milks, alcoholic drinks and oils.
- If you only need to avoid some tree nuts, consider buying other nuts in shell to avoid cross contamination.
- Check ingredients of cosmetics and skin creams as they sometimes contain tree nut products.

This resource has been developed by Nuts for Life in partnership with Allergy & Anaphylaxis Australia, and is for information purposes only.

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