

What pine nuts 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 pine nuts, completely avoiding pine nuts is the only way to manage your allergy as currently there is no cure. To safely manage your allergy, it's important to recognise pine nuts in their different forms and know which foods contain them.

Pine nuts 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



Pine nuts have very small, cream-coloured kernels with a rounded point at one end

Shell



Pine nuts have a smooth, mid-brown, oval-shaped shell



Managing your pine nut 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 pine nuts '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.

Copyright 2024

www.nutsforlife.com.au

Nuts for Life is funded by the Hort Frontiers Health, Nutrition and Food Safety fund, with co-investment from the Australian nut industry and contributions from the Australian Government.

