

TREE NUT Allergen Card



Any food containing the tree nuts that a person is allergic to must be avoided*:

Common tree nuts (and their botanical names):

- Almonds (*Prunus dulcis*)
- Brazil nuts (*Bertholletia excelsa*)
- Cashew nuts (*Anacardium occidentale*)
- Hazelnuts (*Corylus avellane*)
- Macadamia nuts (*Macadamia integrifolia/tetraphylla*)
- Pecan nuts (*Carya illinoensis*)
- Pine nuts (*pignoli, pignollia, pinon and pignon*) (*Pinus spp.*)
- Pistachio nuts (*Pistacia vera*)
- Walnuts (*Juglans regia*)

Foods which contain tree nuts

- Artificial nuts
- Caponata
- Cashew cheese
- Dukkah
- Gianduja (a nut mix)
- Marzipan/almond paste
- Natural nut extract
- Tree nut flours, pastes, butters, meals, milks, oils and spreads
- Nutella (hazelnuts)
- Pralines

People are often allergic to both cashew and pistachio or both walnut and pecan. This is because the proteins in these tree nuts are similar.

Check when purchasing food that may be cooked in oil e.g. chips, that the oil has not been contaminated by cooking tree nuts.

Products and foods which may contain tree nuts include:

- | | |
|---|---|
| African dishes | Ice cream/gelato |
| Alcoholic drinks (e.g. nut flavoured liqueurs and syrups) | Lollies and confectionery |
| Asian/Indian dishes | Macarons |
| Baby foods | Marzipan |
| Baked/bakery foods (e.g. cakes, biscuits, muffins, pastries, crackers, bread, pies, slices) | Mexican dishes |
| Breakfast cereals | Mortadella |
| Chocolate | Nougat |
| Chocolate spreads | Pashmak (Persian fairy floss can have cashew and pistachio) |
| Dips | Pasta sauces |
| Dried fruit mixes | Pesto |
| Flavouring (natural/artificial) | Pizza |
| Flavoured coffees, drinks | Praline |
| Frozen desserts | Salads/salad dressings |
| Fudge | Stuffing |
| Health food bars | Turkish Delight |
| | Trail mixes |
| | Vegetarian/vegan foods |

People with tree nut allergy generally do not need to avoid coconut and nutmeg.

A&AA has tree nut fact sheets. These can help people identify individual tree nuts in different forms and which foods they might be found in. <https://allergyfacts.org.au/resources/tree-nuts>

***This is not a complete list of ingredients to avoid but is intended as a helpful aid for living with tree nut allergy. It is NOT meant to replace medical advice given by your doctor.**

FOOD ALLERGY SAFETY

Avoidance of the food allergen is crucial if you are food allergic. There are many strategies you can put in place to help reduce the risk of an allergic reaction including anaphylaxis.

When eating away from home:

- Plan ahead; educate those around you.
- Tell wait staff and/or food preparation staff about your food allergy. When you tell wait staff about your allergy, consider giving them an A&AA Chef Card, a helpful tool to help you communicate your allergy. Scan the QR code below for Chef Card information.
- Have an appropriate snack available when you go out. If you are hungry, you will be more tempted to take a risk with a non-labelled food purchase.
- Do not share food.
- Do not share straws, cups, cutlery and other food utensils.
- ALWAYS have your ASCIA Action Plan for Anaphylaxis and your adrenaline injector with you. No Adrenaline = No Eat!

When buying packaged food:

- Always read the ingredient list on the food label, even if the product has been purchased and eaten safely before.
- If there is no label and you cannot access clear information on food content, do not eat the food.
- Call food manufacturers and ask about food ingredients if you are unsure about a product.
- Note: Warning statements such as "May contain..." are voluntary.
- Australian labelling requires all common allergens to be listed on the food label.

Allergens found in other products:

- Check cosmetics, lotions, shampoos, soaps, moisturisers and products used on the skin for food allergens.
- Check medications (prescribed and over the counter), supplements, herbal medicines and alternate therapies for food allergens.
- Check pet food for food allergens (e.g. bird seed for peanut and tree nuts, cat food for fish).



**Scan the QR code for more information
or call 1300 728 000 or visit
www.allergyfacts.org.au**



**Allergy & Anaphylaxis
Australia®**

Your trusted charity for allergy support