

# Tree Nut Allergies

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Remember to **ALWAYS** read food labels carefully and watch for hidden allergens. Hidden allergens are ingredients derived from or containing major food allergens with common names that may be unfamiliar to consumers. **Foods or ingredients to AVOID if allergic to tree nuts:** (This is not an exhaustive list.)

**Almond**

**Artificial nuts**

**Brazil nut**

**Beechnut**

**Butternut**

**Cashew**

**Chestnut**

**Chinquapin nut**

**Coconut**

**Filbert/hazelnut**

**Gianduja**

(a chocolate-nut mixture)

**Ginkgo nut**

**Hickory nut**

**Litchi/lichee/Lychee nut**

**Macadamia nut**

**Marzipan/almond paste**

**Nangai nut**

**Natural nut extract**

(e.g., almond, walnut)

**Nut butters**

(e.g., cashew Nut meal, almond)

**Nut meat**

**Nut paste**

(e.g., almond paste)

**Nut pieces**

**Pecan**

**Pesto**

**Pili nut**

**Pine nut**

(also referred to as Indian, pignoli, piñolia, pignon, piñon, and pin-yon nut)

**Pistachio**

**Praline**

**Shea nut**

**Walnut**

## May also contain tree nuts:

Black walnut hull extract (flavoring)

Natural nut extract

Nut distillates/alcoholic extracts

Nut oils (e.g., walnut oil, almond oil)

Walnut hull extract (flavoring)

## Alternative food sources that provide important nutrients if avoiding tree nuts:

**Protein:** meats, poultry, fish, dairy products, beans, and legumes

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