



## Tree Nut Allergy

Your child has been diagnosed with a tree nut allergy. Tree nut allergy is an IgE mediated response to one or several tree nuts. Symptoms of tree nut allergy can range from mild to severe. Avoiding the specific tree nut(s) that your child is allergic to is the only treatment for a tree nut allergy. A child on a tree nut restricted diet can eat a wide variety of foods, but all tree nut-containing products must be avoided.

Some children with a tree nut allergy must also avoid other tree nuts and/or peanuts. Check with your child's doctor whether they must also avoid foods containing other tree nuts and/or peanuts. Coconut, though listed on food labels as a tree nut, is not a nut and does not need to be avoided unless specifically advised to do so by your child's doctor.

### **Tips for eating tree nut-free:**

1. Tree nuts may be found in common products such as baked goods, cereal, chili, crackers, cookies, candy, chocolates, energy bars, frozen drinks, granola bars, prepared foods, marinades, and barbecue sauces.
2. Tree nuts can cause a severe allergic reaction. If your child has been prescribed an epinephrine pen, it should be carried at all times.
3. Before you offer any food product to your child, always read the entire food label to make sure the food does not contain tree nuts.
4. Two internet resources:
  - The Food Allergy and Anaphylaxis Network ([www.faan.org](http://www.faan.org))
  - Kids With Food Allergies ([www.kidswithfoodallergies.org](http://www.kidswithfoodallergies.org))

## How to Read a Food Label for a Tree Nut Free Diet

*The following tree nuts are required by law to be listed on food product labels:*

|                              |   |
|------------------------------|---|
| Almond                       | Lychee Nut  |
| Beech Nut                    | Macadamia Nut   |
| Brazil Nut                   | Pecan   |
| Butter Nut                   | Pili Nut  |
| Cashew                       | Pine Nut (Piñon, pignolias, pignon nuts, pignola nut, Indian nut) |
| Chestnut                     | Pistachio   |
| Chinquapin                   | Shea Nut  |
| Hazelnut (filbert, cob nuts) | Walnut  |
| Ginkgo                       |   |
| Hickory                      |   |

Avoid foods that contain tree nuts or any of these foods/ingredients:

|  |  |
|--|--|
| Mortadello (luncheon meat containing pistachios) | Pesto  |
| Nut-flavored coffees                             | Nut Meal   |
| Marzipan   | Gianduja   |
| Nougat   | Nut Butters (except soy nut which is neither a tree nut or peanut) |
| Artificial Nuts                                  |  |

Other products such as lotions, soaps, shampoo, medications, and sunscreens may also contain tree nut ingredients. Check all labels and check with your child's pharmacist for medication ingredients. Additional products that may contain tree nuts include hacky sacks and beanbags, and hamster, gerbil, and bird foods.

Below is a list of recommended foods for children with a tree nut allergy. Use this as a guide to ensure your child has a balanced diet.

| <b>Food Group</b>              | <b>Recommended Foods</b>   |
|--------------------------------|--|
| <b>Milk and Milk Products</b>  | Milk (whole, reduced fat, low-fat, fat-free, condensed, evaporated, or dry)<br>Cheese<br>Cream cheese<br>Pudding<br>Sour cream<br>Yogurt and ice cream<br>(Check all milk products for tree nut ingredients)                     |
| <b>Meat and Other Proteins</b> | All fresh, frozen, or processed meats (beef, veal, lamb, pork)<br>Fresh, frozen, or canned fish and shellfish<br>Eggs<br>Poultry<br>Dried Beans and Peas<br>Seeds<br>(Check all products for tree nut ingredients)               |
| <b>Grains</b>                  | Breads, other baked goods (brownies, cakes, cookies, muffins, etc.), cereals, crackers, noodles/pasta, pancakes, pretzels, rolls, tortillas, waffles, and other grain foods if they have been made without tree nuts ingredients |
| <b>Vegetables</b>              | All fresh, frozen, or canned vegetables made without tree nut ingredients  |
| <b>Fruits</b>                  | All fresh, frozen or canned fruits made without tree nut ingredients<br>100% Fruit Juice   |
| <b>Fats and Oils</b>           | Butter/Margarine<br>Vegetable Oil (except tree nut oils)<br>Vegetable Oil Spray<br>Salad dressings, mayonnaise, sauces, and gravies made without tree nut ingredients  |
| <b>Beverages</b>               | All beverages without tree nut ingredients (avoid almond milk and hazelnut milk)   |

| Food Group | Recommended Foods   |
|------------|---|
| Other      | Pepper and salt<br>Herbs and spices (including nutmeg which is not a tree nut)<br>Mustard, ketchup, and relish<br>Honey<br>Jam, Jelly, Marmalade, and preserves<br>Sugar<br>Maple Syrup<br>Gelatin<br>Flavoring extracts (except natural tree nut flavorings) |

**Additional Information:**

**If you have questions, call:** \_\_\_\_\_, *Registered Dietitian*

**Phone:** (717) 531- \_\_\_\_\_ or (717) 531-8406