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## Tree Nut Allergy

Tree nut allergy is considered among the most common food allergies. A tree nut allergy is an abnormal reaction to the proteins found in tree nuts.

### General Guidelines:

1. Read all labels carefully, avoid all tree nuts.
2. Artificial nuts can be peanuts that have been deflavored and reflavored with a nut, such as pecan or walnut. Mandelonas are peanuts soaked in almond flavoring.
3. Mortadella may contain pistachios.
4. Natural and artificial flavoring may contain tree nuts.
5. Tree nuts may be used in many foods including barbecue sauce, cereals, crackers, and ice cream.
6. Kick sacks, or hacky sacks, beanbags, and draftdodgers are some items which may be filled with crushed nutshells.
7. If a severe reaction (anaphylaxis) has occurred in the past, carry your Epi-pen with you at all times, your doctor should advise you of its use.
8. Notify your server at the restaurant, teachers, school nurses and caretakers of a tree nut allergy.

### Avoid:

Almonds, gianduja, brazil nuts, macadamia nuts, cashews, marzipan/almond paste, chestnuts, nougat, filberts, Nu-Nutsa artificial nuts, hazelnuts, nut butters, hickory nuts, nut oil, nut paste, pecans, pine nuts, pistachios, walnuts, natural extracts (pure almond extract, natural wintergreen extract, etc.)

Ethnic foods, commercially prepared baked goods, and candy can be cross contaminated with nuts since nuts are frequently used in these kinds of foods.

### Sources:

[www.allergies.about.com](http://www.allergies.about.com)

[www.foodallergy.org](http://www.foodallergy.org)

[www.viahealth.org](http://www.viahealth.org)

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