

## Tree Nut Allergy

In addition to peanuts, a tree nut allergy, is one of the most common food allergens found in both children and adults. Allergies to tree nuts tend to appear early in life and are generally not outgrown.

Exposure can occur through direct contact, cross contact, and even inhalation. The severity depends on how much is ingested and how sensitive the allergy is in that particular individual.

The following is a list of tree nuts as defined by the FDA:

Almond  
Beech Nut  
Brazil Nut  
Butternut (not to be confused with butternut squash)  
Cashew  
Chestnut  
Chinquapin  
Coconut \*  
Hazelnuts  
Ginko Nut  
Hickory Nut  
Lichee/Litchi/Lychee Nut  
Macadamia Nut  
Pecan  
Pine Nut  
Pili Nut  
Pistachio  
Sheanut  
Walnut

\*Coconut

The FDA lists coconut as a tree nut. In fact, coconut is a seed of a drupaceous fruit. Most people allergic to tree nuts can safely eat coconut. Coconut allergy is reasonably rare. If you are allergic to tree nuts, talk to your allergist before adding coconut to or eliminating coconut from your diet. (<http://www.kidswithfoodallergies.org/page/tree-nut-allergy.aspx>)

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### Foods that commonly contain tree nuts:

Artificial Nuts	Gianduja and Nutella (chocolate-nut mixture)
Marzipan	Nut Distillates/Alcoholic Extracts
Almond Paste	Nut Milk (ex. almond milk)
Nangai Nut	Nut Paste
Nut Extracts	Nut Butters
Nut Meal	Nut Meat
Pesto	Nut Oil
Praline	
Walnut Hull Extract	

### Extra care must be taken when consuming the following foods. Be sure to read labels carefully.

Cereals	Crackers
Cookies	Candies
Chocolate	Cold Cuts
Energy Bars	Flavored Coffee
Frozen Desserts/Ice Cream	Marinades
BBQ Sauces	

### High Risk Cross Contamination

Ethnic restaurants such as: Chinese, African, Indian, Thai, Vietnamese, Mediterranean, etc.

Ice Cream Parlors  
Bakeries

### The follow are safe to consume with a tree nut allergy:

Nutmeg  
Chestnuts  
Butternut Squash

#### **Additional Resources:**

<http://www.foodallergy.org/allergens/tree-nut-allergy>  
<http://www.fda.gov/ForIndustry/FDABasicsforIndustry/ucm238807.htm>  
<http://www.kidswithfoodallergies.org/page/tree-nut-allergy.aspx>  
<http://www.foodallergy.org/document.doc?id=133>  
[http://kidshealth.org/teen/food\\_fitness/nutrition/nut\\_allergy.html](http://kidshealth.org/teen/food_fitness/nutrition/nut_allergy.html)

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