



## Dietary Guide - Tree Nut Allergy

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For patient or carer support contact [Allergy & Anaphylaxis Australia](http://www.allergy.org.au) or [Allergy New Zealand](http://www.allergy.org.nz).

Tree nuts such as almonds, cashews and walnuts can be found in a variety of foods including chocolate, cereal, muesli bars, and bakery items. Avoiding tree nuts is essential for people with confirmed tree nut allergy.

**The following foods and ingredients CONTAIN tree nuts and should be avoided:**

Almonds	Hazelnut/filberts	Nut flavoured alcoholic liqueurs and syrups
Almond paste	Hickory nuts	Nut paste, butter or spreads
Almond meal	Macadamia nuts	Pecan/mashuga nuts
Artificial nuts	Macaroons	Pine nuts/Indian nuts
Beer nuts	Marzipan	Pistachio
Brazil nuts	Natural nut extract	Pralines
Carponata	Non-gai nuts	Walnuts
Cashews	Nougat	Nut paste, butter or spreads

**Check these foods to see if they contain tree nuts. If they do, avoid them:**

African dishes	Flavouring (natural / artificial)	Nut pastes or spreads
Asian/Indian dishes	Flavoured coffees, drinks	Pasta sauces
Baked goods	Frozen desserts	Pastries
Biscuits	Fudge	Pesto
Breakfast cereals	Health food bars	Praline
Cakes, slices	Ice cream	Salads, salad dressings
Chocolate	Lollies	Snack foods
Chocolate spreads	Marzipan	Stuffing
Crackers	Mexican dishes	Takeaway/restaurant food
Dips	Nougat	Turkish delight
Dried fruit mixes, trail mix	Nut oils	Vegetarian/vegan foods
Dukkah		

The words “may contain traces of tree nuts” on a food label indicates that the food is made in a facility that makes other foods containing tree nuts. Raw ingredients may be contaminated with tree nuts even though the food does not contain tree nuts as an ingredient.

Unlabelled food or food consumed outside the home has a higher risk than food labelled as possibly containing traces. Discuss what to do about these foods with a clinical immunology/allergy specialist.

Prepared food that is not labelled (such as food from cake shops, food malls and restaurants), may contain or be contaminated with tree nuts.

While nuts can look and taste similar, it is possible to be allergic to only one nut or to more than one nut. Discuss what to do about other nuts with a clinical immunology/allergy specialist.

**The food lists included in this document are not exhaustive. People with food allergy should always check foods labels each time products are purchased.**

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Content updated 2019

Format updated June 2023

For more information go to [www.allergy.org.au/patients/food-allergy](http://www.allergy.org.au/patients/food-allergy) and

[www.allergy.org.au/patients/food-other-adverse-reactions](http://www.allergy.org.au/patients/food-other-adverse-reactions)

To support allergy and immunology research go to [www.allergyimmunology.org.au/donate](http://www.allergyimmunology.org.au/donate)