

Peanut and Tree Nut Food Allergies



Let's learn what to do

- Check the ingredient list.
- Do not eat the food if the ingredient list includes peanuts or tree nuts.
- Do not eat the food if the label says, *Contains peanuts/tree nuts* or *May contain traces of peanuts/tree nuts*.



- Only eat the food if you know all of the ingredients on the label.
- Watch out for contaminated foods! See the *Food Allergies and Food Intolerances* handout for more information.

- If you are allergic to peanuts, you may also be allergic to tree nuts.
- If you are allergic to tree nuts, you may also be allergic to peanuts.
- If you are allergic to nuts, you may also be allergic to nutmeg or coconut.
- Check with your nurse or doctor.

If you have been prescribed an auto-injector or allergy medication, make sure you have it with you **before eating**.



Which nuts are tree nuts?



Almonds



Brazil nuts



Cashews



Hazelnuts



Macadamia nuts



Pecans



Pine nuts



Pistachio nuts






Walnuts




Foods or ingredients that might have peanuts and tree nuts*



Peanuts or tree nuts	Peanuts only	Tree nuts only
<ul style="list-style-type: none"> Baked goods Baking mixes Cereals Cookies Candy and chocolate bars Desserts Mixed dishes like stir fry, spring or egg rolls, Chinese dishes Ice cream Marzipan (almond paste) Nougat (candy made with nuts) Ready-to-eat salads Salad dressings Snack foods like trail mix 	<ul style="list-style-type: none"> Dry soup mixes Hydrolyzed plant protein/ hydrolyzed vegetable protein Icing and glazes Imitation meats Pre-made soups, stews, sauces Pie crust 	<ul style="list-style-type: none"> Cheese logs or spreads Chocolate and nut spreads Crackers Flavoured coffee Frozen desserts Liqueurs like Amaretto and Frangelico Muesli Natural flavourings and extracts like pure almond extract Nut butters Pralines Sauces like BBQ sauce and pesto 
Non-food items	Non-food items	Non-food items
<ul style="list-style-type: none"> Make-up, hair products, sunscreens Pet food 	<ul style="list-style-type: none"> Ant traps, bird feed, mouse traps Medications, vitamins Stuffing in toys 	<ul style="list-style-type: none"> Bean bags, hacky sacks Bird seed

Other names for peanuts and tree nuts found on ingredient lists*

Other names for peanuts	Other names for tree nuts
<ul style="list-style-type: none"> Arachis oil Arachide Beer nuts Cacahouète/cacahouette/cachuète Crushed nuts, crushed peanuts Defatted peanuts Goober nuts or goober pea Groundnut Hydrolyzed plant protein Hypogaeic acid Kernel Nutmeat Peanut (any names that start or end with <i>peanut</i>) Valencias 	<ul style="list-style-type: none"> Anacardium nuts Butternut (not butternut squash) Filbert Gianduja Ginkgo biloba L. Karite Litchi chinensis Mandelonas Nut (any names that start or end with <i>nut</i>) Pinon Queensland nut Sheanut 

* These lists are not complete and may change. Food products imported or bought from other countries may have different ingredient labels than foods from Canada.