Caring for Your Child
Reading Labels for a Tree Nut-Free Diet

Tree nuts are considered major food allergens under the Food Allergen Labeling and Consumer Protection Act of 2006. All food products which contain tree nuts as an ingredient must list the words “tree nut”, on the product label.

If you are unsure about any product, confirm ingredients with the manufacturer or discuss with your allergist before using.

For more information about food labeling laws, go to www.foodallergy.org.

Avoid Foods with these Ingredients:
- Almonds
- Artificial nuts
- Beech nut
- Brazil Nuts
- Cashews
- Chestnuts
- Filbert/hazelnuts
- Gianduja (a creamy mixture of chocolate and chopped toasted nuts found in premium or imported chocolate)
- Hickory nuts
- Macadamia nuts
- Marzipan/almond paste
- Natural nut extract (almond, walnut)
- Nougat
- Nu-Nuts® artificial nuts
- Nut butters (i.e. cashew butter)
- Nut oil
- Nut paste (i.e. almond paste)
- Nutella
- Pecans (Mashuga nuts)
- Pesto
- Pine nuts (pinyon nuts/pignoli)
- Pistachios
- Walnuts
Please note:

- Artificial nuts can be peanuts that have been de-flavored and re-flavored with a nut, like pecan or walnut
- Avoid natural extracts, i.e. pure almond extract; use imitation artificial flavored extracts
- Tree nuts have been used in many foods including barbecue sauce, cereals, crackers and ice cream.