

Nut allergy dietary sheets

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Introductory comments

While some nut like foods can have similar taste and textures, with some exception, they are distinct foods. Being allergic to one nut like food does not mean a person will be allergic to all. Based on history and testing, some individuals will be advised to avoid one nut, others might be advised to avoid a few nuts and other still might be advised to avoid all nut like foods. If a person is allergic to one nut and consumes other nut like foods, the major risk is cross contamination with other nuts or confusion between nut types, a greater risk in children than older individuals. The risk of cross contamination is greater example when purchasing nuts from health food stores where repackaging may occur. You should therefore discuss what type of food you should avoid with your allergy consultant.

Peanut

Satay, peanut butter/paste, peanut flower Asian food, Indian food like curry paste or butter chicken, chocolate spider's, occasionally pasta sauces are most commonly chocolate – M&M's, Picnic bars, Snickers bars, peanut Boost bars, Oreo peanut products, M&M wafer biscuits and other chocolate or biscuits where peanut is put in for texture such as "Rocky Road" (although other nuts are sometimes used). Also seen in crunchy nut cornflakes especially when the product is placed into a plastic container and out of the original box with a warning label. Some Indian lollies also contained peanut. Peanut flour/paste/brittle/flour should also be avoided. Peanut soup is an Asian dish. Peanut oil/Arachis oil is considered to be a relatively low risk but if peanuts are cooked in peanut oil, the protein leaches out of the peanut into the oil. Other terms for peanut include peanuts, groundnuts, mixed nuts, goober nuts, monkey nuts, peanut sprouts, grounds nuts. Peanut/Arachnis oil can be present in many cosmetics and occasionally, contact reactions can occur if smeared on the skin. **Note:** peanut is a legume but almost all of those allergic to peanut can tolerate other legumes like soy, lentils, kidney/baked beans and chickpea.

Almonds

Asian food, almond meal, almond icing/paste, marzipan, friands, macaroons, much gluten-free food, almond essence, Amaretto liqueur, almond croissants, sugared almonds.

Brazil nuts

Mixed nuts, beer nuts and chocolate

Cashew and cross-reactive pistachio nut

Asian food, Indian food like curry paste or butter chicken, pesto, dips, pistachio ice cream, nougat, stuffing (for example, the turkey at Christmas), pasta sauces, fudge and even vegan "cheese".

Hazelnut

Hazelnut meal, Nutella, shell chocolate and similar pralines, Frangelico liquor and Ferrero Rocher chocolates

Pecan and cross-reactive walnut

Pecan pie, banana cake, carrot cake, chocolate brownies and muffins, Apple and walnut log, some ice cream, salad with walnut oil and caramelised nuts, occasionally pesto, baklava (other nuts sometimes used).

Macadamia nut

Chocolate, cookies, ice cream

Pinenut

Salads, traditional pesto

Other foods potentially containing nuts

Protein balls, Bliss balls, baklava, Dukka often contains nuts of various types. Vegetarian "nutloaf"/nut meat may also contain nuts. Muesli/health bars, chocolate, dried fruit/trail mixes, biscuits, pastries, croissants, some vegetarian/vegan food, Sicilian carponate (vegetarian dish where nuts are sometimes added), stuffing, Turkish delight, Indian spiced nuts, nut based alcoholic drinks and liquers

These foods are NOT nuts

Coconut is a fruit, not a nut. Nutmeg is a spice, not a nut. Shea nut butter does not contain any substantial amounts of protein to trigger allergy and no cases of allergy have been reported as of 2019. Water chestnut is a salad, not a nut.

Important note about traces

Many commercially prepared foods are labelled as potentially containing traces of nuts. Nonetheless in my experience, most accidental reactions occur when there is no label to warn you such as eating at a café's, restaurants or purchasing food from cake shops when nuts either an ingredient or a contaminant.