

TREE NUT ALLERGEN CARD

Ingredients to avoid
if you are allergic
to tree nuts*:

Almonds
Artificial nuts
Brazil nuts
Carponata
Cashews
Gianduja (a nut mix)
Hazelnuts/Filberts
Hickory nuts
Indian nuts
Macadamia nuts
Marzipan/almond paste
Non-gai nuts
Natural nut extract
Pecans/mashuga nuts
Pine nuts+
Pistachios
Pralines
Shea nuts
Walnuts

+Pine nuts are also
known as: pinyon,
pignoli, pignollia,
pinon and pignon

*Any food containing
nut or nut derivatives
must be avoided
(eg nut butters,
nut meal, nut oil).*

*Allergy specialists
often advise those
with tree nut allergy
to also avoid peanuts.*



Products which may contain tree nuts include:

African dishes
Asian/Indian dishes
Baked goods
Biscuits
Breakfast cereals
Cereals
Chocolate
Chocolate spreads
Dried fruit mixes
Flavouring (natural/artificial)
Flavoured coffees, drinks
Frozen desserts
Health food bars
Ice cream
Lollies
Marzipan
Mexican dishes
Nougat
Pastries
Pesto
Salads
Snack foods
Vegan dishes

*This is not a complete or
comprehensive list of ingredients to
avoid but is intended as a helpful aid
for living with tree nut allergy. It is NOT
meant to replace medical advice
given by your doctor.

Those with nut allergy generally do not
need to avoid coconut and nutmeg.



NSW Food Authority
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