

## Tree Nut Allergy

**Read the food label and DO NOT EAT any foods that have tree nuts.**

It is important to avoid only the tree nuts that your child is allergic to and eat all other tree nuts regularly. Talk with your doctor to find out if all or only some tree nuts need to be avoided.

**These words found on food labels show that a product has tree nuts:**

- Acorn
- Almonds
- Artificial nuts
- Brazil nuts
- Buckeye
- Caponata
- Cashew
- Chestnuts
- Ground nuts
- Hazelnut (Filbert)
- Hickory nuts
- Macadamia nuts
- Mandelonas (peanuts with almond flavoring)
- Marzipan
- Mixed nuts
- Nangai nuts
- Natural nut extract
- Nut butter (Nutella)
- Nut flour
- Nut meal
- Nut meat
- Nut milk (cashew and almond milk)
- Nut oil (walnut or almond oil)
- Nut paste
- Nut pieces
- Pecans
- Pine nuts
- Pistachios
- Praline
- Tree nuts
- Walnuts
- Whole nuts

**Label Reading Hint:** Companies must list the type of tree nut on the food label. Such as: TREE NUT (ALMOND, WALNUT, PECAN).

**Know that many foods have or might have tree nuts:**

- Baked goods (cookies, cakes, muffins, pastries, bread, crackers)
- Cereals, granola, muesli, “trail” mix
- Granola or protein bars
- Ice cream and frozen yogurt
- Natural nut extracts
- Nougat, candies, chocolate, marzipan
- Flavored coffee or coffee creamers
- Mortadella (sausage that has nuts)
- Dressings, sauces, and marinades (pesto, barbeque sauce)
- Vegetarian or vegan foods (veggie burgers, cashew cheese)

While coconut is named on food labels as a “tree nut”, it doesn’t always need to be avoided by people with a tree nut allergy. Ask your doctor if you need to avoid coconut.

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## Helpful hints:

### Water Chestnut, Coconut, Palm Nut, Nutmeg, and Butternut Squash

These foods do have the word “nut” in them, but they are not tree nuts. They are safe for people with tree nut allergies and don’t need to be avoided unless they are known to cause a problem.

### Seeds (Sesame, Sunflower, Pumpkin, Chia, Hemp, Flax, etc.)

Seeds are not like tree nuts and do not need to be avoided unless your allergist tells you not to eat them.

## How to replace tree nut butter:

Check with your allergist to make sure if any foods other than tree nuts need to be avoided.

- Peanut Butter
- Seed Butter (Beyond the Equator, Julian Bakery, Nuttzo, Sun Butter, 88 Acres)
- Soy Butter (Don’t Go Nuts, WOW Butter)
- Pea Protein Butter (NoNuts, Sneaky Chef)
- Chickpea Butter (Chixi)
- Oat Butter (Kween)

All options can be used to replace tree nut butter in recipes.

**If you have any questions or concerns, please send your care team a message on your Children’s Hospital Colorado MyChart account: [mychart.childrenscolorado.org](https://mychart.childrenscolorado.org)**

**If you’re unable to access your MyChart account, call our Help Desk at 720-777-4357 and select option 3.**