

# Nut Allergy

Allergic reaction to nuts can progress rapidly to anaphylaxis. Peanut allergy is responsible for more fatalities than any other type of allergy.

If you suffer from a nut allergy, strictly avoiding nuts, including peanuts and tree nuts like cashews and walnuts, and food containing nuts is the only way to prevent a reaction. But, it is not always easy to avoid these foods since many unsuspecting products contain nuts.

Always check the label ingredients before you use a product. In addition, check the label each time you use the product. Manufacturers occasionally change recipes, and a trigger food may be added to the new recipe. Also, keep in mind that many prepared foods, including baked goods, candy, and ethnic foods, can be contaminated with peanuts if products containing peanuts are prepared in the same place or by the same manufacturer. Always be prepared for this possibility and the risk of a reaction.

Examples of peanut and tree-nut products and foods that may contain them, include:

<b>Peanut Products</b>	<b>Peanut-Containing Ingredients</b>	<b>Tree Nuts</b>	<b>Tree Nut-Containing Ingredients</b>	<b>Nut-Containing Foods</b>
Cold-pressed or expressed peanut oil	Hydrolyzed plant protein	Almonds	Marzipan / almond paste	Ground nuts
Peanut butter	Hydrolyzed vegetable protein	Brazil nuts	Nougat	Mixed nuts
Peanut flour	Nougat	Cashews	Artificial nuts	Chex mix
Beer nuts	Marzipan	Chestnuts	Nut butters (such as cashew butter and almond butter)	Artificial nuts
Ground nuts		Filberts	Nut oil	Nougat
Mixed nuts		Hazelnuts	Nut paste (such as almond paste)	African, Chinese, Thai, and other ethnic dishes
Nu-nuts® flavored nuts		Hickory nuts	Nut extracts (such as almond extract)	Cookies, candy, pastries, and other baked goods
<u>Peanut containing foods</u>		Macadamia nuts		Grain breads
Candy		Pecans		Ice cream, frozen desserts
Chili		Pine nuts (pinyon nuts)		High-energy bars
Chocolate (candies, candy bars)		Pistachios		Cereals and granola
Egg rolls		Walnuts		Salad dressing
				Marzipan

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**PLEASE USE THESE GUIDELINES WHEN SELECTING SNACKS, BAKE SALE RECIPES, AND ANY OTHER NUT-FREE FOOD FOR SCHOOL**

Please look at the ingredients for foods under the "Nut-Containing Foods" column to determine whether the food