

Living with a Tree Nut Allergy

Living with a food allergy doesn't have to prevent you from enjoying wholesome and nutritious foods. Individuals who have a food allergy should always read the food label. Manufactures are required to state whether or not their product contains the following eight most common allergens – peanuts, tree nuts, soy, milk, eggs, fish, shellfish and wheat. Allergen information can be found near the nutrition facts label.

As the saying goes “*When in doubt, throw it out.*” A food allergy can cause a potential life-threatening reaction. So, if you are uncertain whether the food contains tree nuts, do not eat the food. Manufactures change ingredients, so even if you buy the product frequently, always check the food label before you make a purchase. Potential allergens could also be present in foods if it is produced or manufactured in a plant containing allergenic foods – this is called cross contamination. It is *always* important to read foods labels before you buy.

Your best choices are going to be to select whole foods and limit your consumption of processed foods. Processed foods, like those that come in a box or can, usually have more allergens because of the additives, flavorings, coloring and preservatives added.

List of Tree Nuts:

- Almonds
- Beech Nut
- Brazil Nut
- Butternut
- Cashew
- Chestnut
- Chinquiapin
- Coconut
- Hazelnut (filbert)
- Ginkgo Nut
- Hickory Nut
- Lichee Nut
- Macadamaia Nut (bush nut)
- Pecan
- Pine Nut (pinon)
- Pili Nut
- Pistachio
- Sheanut
- Walnut

Here are some hidden sources of Tree Nuts:

- Black Walnut Hull Extract
- Natural Nut Extract
- Nut Extract
- Nut oils (walnut, almond, etc)
- Walnut Hull Extract
- Mortadella may contain pistachios
- Pesto

Using Exchanges:

If a recipe calls for 12 (15 g) almonds or 7 (15 g) walnut halves, simply substitute these foods for one nut exchange. Here is a substitution list:

If a recipe calls for....	Substitute with...
15 g slivered almonds	2 T Flax Meal or 1 nut exchange
12 (15 g) almonds	3 T soy nuts or 1 nut exchange
12 (15 g) cashews	2 T sunflower seeds or 1 nut exchange
2T dried, sweetened coconut	1 nut exchange
5-6 sm. (15 g) Macadamia nut	1 nut exchange
10 lrg. halves (15 g) Pecans	1 nut exchange
80 (15 g) Pine nuts	1 nut exchange
20 kernels (15 g) Pistachios	1 nut exchange
4 nuts or 7 halves (15 g) Walnuts	1 nut exchange
42 g (about 4-5 kernels) chestnuts	1 nut exchange
1 T pesto	1 Fat exchange
Nature Valley® Crunchy Granola Bar (all varieties)	Popcorn, air popped – 2 ½ C or 1 starch exchange
Uncle Tobys Vitabrits Weeties® cereal - 22 g	Cheerios® - 3/4 C or 1 starch exchange
Kellogg's® 5 Grain Mini Wheats cereal - 1/2 C	Cheerios® - 3/4 C or 1 starch exchange
Uncle Toby's® Quick Oats sachet - Creamy honey - 1/2 packet	Oatmeal (cooked) – 45g (1/2C) or 1 starch exchange
Kellogg's® Special K Advantage cereal - 2/3 C	Cheerios® - 3/4 C or 1 starch exchange
Uncle Toby's® Crunchy Muesli Bar - 1 (20 g) – all varieties	Special K Original Bar - 1 (23g) bar or 1 starch exchange
Arnott's Vita-Weat Crackers – 20 g	Popcorn (air popped) – 8 g (2 ½ C) or 1 starch exchange
Vita Weat® 100% Natural crackers – 20 g	Popcorn (air popped) – 8 g (2 ½ C) or 1 starch exchange