

Allergy Consultants, P.A.

Specialists in Pediatric and Adult Allergy, Asthma, and Sinus Disease

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Tree Nut Free Diet

Avoid all food products that contain tree nuts as an ingredient (required by U.S. law to list the word “**tree nut**” on the product label.)

The following are tree nuts:

almond	macadamia nut
Brazil nut	pecan
cashew	pine nut (piñolia, pinyon nut)
chestnut	pistachio
filbert/hazelnut	walnut
hickory nut	

Avoid foods that use other words that could mean tree nuts or contain tree nuts:

artificial nuts	nut meal
caponata	nut oil (such as walnut oil)
gianduja (a chocolate-nut mixture)	nut paste (such as almond paste)
ground nuts	nut pieces
marzipan (almond paste)	Nutella
mixed nuts	pesto
nut butters (such as cashew butter)	praline
nut extract (such as almond extract)	

Caution should be taken with:

bread	marinades
crackers	mortadella
cereals	sauces
coffee	salads
energy bars	

Avoid ethnic African or Asian foods/restaurants.

Avoid baked goods, ice cream shops, and candy.

Coconut is included as a tree nut in the labeling law but most people can eat this safely.

Avoid food labeled “may contain”, “shared equipment” or “manufactured in the same facility” as tree nuts.

For additional information: www.foodallergy.org, 1-800-929-4040

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