

Fact Sheet

Peanut and Tree Nut Free Diet



This sheet is a guide to avoiding nuts in your child's diet. Nuts are found in a variety of foods, often in foods we don't think about such as chocolate, cereal bars/muesli bars, breakfast cereals and bakery items. Your doctor may advise you to avoid a single nut, all types of nuts or a combination of nuts.

Packaged foods will state on the ingredient list whether or not a food contains nuts. Read the labels carefully and avoid the product if it says it '**contains nuts**'.

Avoid these nuts/ nut products:

Peanuts, ground nuts, beer nuts, monkey nuts

almond
brazil nut
cashew
chestnut
hazelnut
essence/extract
hickory nut
macadamia nut

mixed nuts
pecan
pine nut
pistachio
walnut
praline, marzipan, nougat, peanut slab
Amaretto,

Nut oils that are cold pressed, expressed, or expelled (see column of nuts listed to the left)
arachis oil is peanut oil
nut butters eg peanut butter
chocolate nut spread
almond paste
nut essences i.e. almond

nutmeat
nut pieces, crushed nuts

ground nuts
peanut flour
satay sauce, peanut sauce
friends
pesto
nut based alcoholic liqueurs eg

Frangelica

Check the ingredient list of these foods for peanuts and other nuts:

Baked goods
Biscuits, baklava

Croissants
Dried fruit mixes

Ice creams
Pastries
Pesto
Pasta sauces
Salads/ salad dressings
Sauces

Breads and buns
Breakfast cereals
eg muesli

Flavourings (natural)
Fried food (peanut oil)

Cakes
Chocolates

Gravy
Health bars, eg muesli bars, energy bars, nut bars

Snack foods
Soups

Chocolate spreads
Confectionery ie
lollies, fudge
Crackers

Home made food
Hydrolysed/textured vegetable protein (HVP & TVP)

Takeaway/restaurant foods
Turkish delight

Vegetarian foods

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Eating out

International cooking may contain peanuts/tree nuts, particularly African, Asian, Indian, Chinese, Middle Eastern, Indonesian, Mexican and Thai dishes. When you are booking it pays to say you need to avoid nuts. Check again with the waiting staff when ordering and ask for advice from the chef if you are not clear on what to choose.

Changing Recipes

Most recipes can be easily changed to avoid nuts. Crushed nuts can be substituted with rice bubbles, coconut, or cornflakes (nut-free). Nut essences can be substituted with artificial or imitation essences.

Note:

- Beans, legumes, pulses, nutmeg and coconuts are *not* related to nuts and are allowed in the diet if the child is not allergic to these.
- "May contain traces of nuts" on a label indicates that the food is made in a facility that makes a food containing nuts, or that the raw ingredients may have a chance of being contaminated with nuts, however the food may not contain nuts. Discuss what to do about these foods with your doctor.
- Highly refined nut oils are unlikely to cause a reaction in those with a nut allergy. Avoid nut oil which is cold pressed, expressed or expelled.
- Avoid foods that don't have a food label or that you haven't made yourself, as there is no guarantee that the product doesn't contain nuts.
- If you are allergic to peanuts, ask your doctor before starting the drug Roacutaine.

Nut-Free Chocolates

- **Sweet William** - milk chocolate/ tangerine milk chocolate (dairy free, gluten free, lactose free, peanut free)
chocolate spread (gluten free, lactose free, dairy free, peanut free)
available in Woolworths, Coles (health food aisle), IGA (confectionery aisle), health food shops.
www.sweetwilliam.com.au
- **Kinnerton**- milk/dark chocolate (nut free, dairy free, gluten free, egg free)
available at Big W, Target, Aldi, Darrell Lea, Kmart., Myer, Sugar Fix
- **Willow** - chocolate bars, Christmas, Easter and Valentine novelties, frogs
Available 03 9587 1079 or via www.allergyblock.com.au

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For more information

www.chw.edu.au/parents/factsheets/#allergy

- Australian Society of Clinical Immunology and Allergy (ASCIA)
www.allergy.org.au
- FSANZ - Food Standards Australia and New Zealand for information on food labelling
www.foodstandards.gov.au

Dietitian: _____

Telephone: _____

This fact sheet is for education purposes only.
Please consult with your doctor or other health professional
to make sure this information is right for your child.

This document was reviewed on 24th September 2009.

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