

Dietary avoidance – peanut and tree nut allergy

Peanuts and tree nuts can be found in a variety of foods and often in foods we do not suspect, such as cereal or muesli bars, breakfast cereals and bakery items. Avoiding peanuts and tree nuts, is recommended for individuals with confirmed nut allergy. Therefore, it is important to read and understand food labels to choose appropriate foods.

The following ingredients CONTAIN peanut and tree nuts and should be avoided:

Almonds	Macadamia nuts	Peanut
Almond paste	Macaroons	Peanut butter
Almond meal	Madelonas	Peanut brittle
Arachis oil	Marzipan	Peanut flour
Artificial nuts	Mixed nuts	Peanut oil
Beer nuts	Monkey nuts	Peanut sauce
Brazil nuts	Natural nut extract	Peanut sprouts
Carponata	Non-gai nuts	Pecan/mashuga nuts
Cashews	Nougat	Pine nuts/Indian nuts
Dukkah	Nu-nuts	Pistachio
Goober nuts	Nut flavoured alcoholic	Pralines
Groundnuts	liqueurs and syrups	Satay
Hazelnuts/filberts	Nutmeat	Walnuts
Hickory nuts	Nut paste, butter or spreads	

Check labels on the following foods to see if they contain peanut and tree nuts and if they do, avoid them:

African dishes	Flavoured coffees, drinks	Pasta sauces
Asian/Indian dishes	Frozen desserts	Pastries
Baked goods	Fried food (peanut oil)	Pesto
Baklava	Fudge	Praline
Biscuits, cookies	Gravy	Salad/salad dressing
Breads and buns	Health food bars	Sauces
Breakfast cereals	Hydrolysed/textured vegetable	Snack foods
Cakes, slices	protein	Soup
Chocolates	Ice cream	Stuffing
Chocolate spreads	Lollies	Takeaway/restaurant food
Confectionary/some Indian	Marzipan	Turkish delight
confectionary	Mexican dishes	Vegetarian or vegan foods
Crackers	Nougat	
Dips	Nut based alcoholic beverages	
Dried fruit mixes/trail mix	(e.g. Amaretto, Frangelico)	
Flavourings (natural or	Nut oils	
artificial)	Nut pastes or spreads	

Note:

- Most individuals with peanut allergy can tolerate other legumes such as beans, pulses, peas and lentils. Nutmeg, water chestnut and coconuts are **not** related to peanuts and are allowed in the diet if the individual is not allergic to these.