

### How to Read a Label for a Tree Nut-Free Diet

All FDA-regulated manufactured food products that contain a tree nut as an ingredient are required by U.S. law to list the specific tree nut on the product label.

#### Avoid foods that contain nuts or any of these ingredients:

- Almonds
- artificial nuts
- beechnut
- Brazil nuts
- Butternut
- Cashews
- Chestnuts
- Chinquapin
- Coconut
- filberts/hazelnuts
- gianduja (*a chocolate-nut mixture*)
- ginkgo nut
- hickory nuts
- litchi/lychee/lychee nut
- macadamia nuts
- marzipan/almond paste
- Nangai nuts
- natural nut extract (*e.g., almond, walnut*)
- nut butters (*e.g., cashew butter*)
- nut meal
- nut paste (*e.g., almond paste*)
- nut pieces
- nutmeat
- pecans
- pesto
- pili nut
- pine nuts (*also referred to as Indian, pignoli, pignolia, pignon, piñon, and pinyon nuts*)
- pistachios
- praline
- shea nut
- walnuts

#### Tree nuts are sometimes found in the following:

- black walnut hull extract (*flavoring*)
- natural nut extract
- nut distillates/alcoholic extract
- nut oils (*e.g., walnut oil, almond oil*)
- walnut hull extract (*flavoring*)

#### Keep the following in mind

- Mortadella may contain pistachios.
- Many experts advise patients allergic to tree nuts to avoid peanuts as well.
- Talk to your doctor if you find other nuts not listed here.