



TREE NUTS

Read Labels Carefully!

Common Names of Tree Nuts

Cashews
 Pecans
 Macadamia nuts
 Almonds
 Pistachios
 Brazil nuts
 Pine nuts
 Hazelnuts
 Walnuts
 Hickory Nuts
 Natural Nut Extract
 Artificial Nuts
 Nut Meal
 Caponata

Other Names for Tree Nuts

Anacardium nuts
 Mandelonas (e.g. peanuts that have been altered to look and taste like tree nuts)
 Marzipan (almond paste)
 Nu-Nuts™ (e.g. peanuts that have been altered to look and taste like tree nuts)

The Following Are Nuts, But *Not* Considered "Tree Nuts":

Coconut	Lychee Nuts
Nutmeg	Shea Nuts
Water Chestnuts	

Non-Food Sources of Tree Nuts

Hacky sacks
 Bird seed
 Cosmetics, hair care products, lotions
 Pet food

Always Contains It

Nut Meat, Nut Pieces and Nut Oil
 Nut Paste (such as almond paste)
 Ganduja (a nut mixture in some chocolate)
 Pesto
 Mandelonas
 Marzipan/Almond Paste
 Nan-Gai Nuts
 Nougat
 Pralines
 Nut Butters
 Pinion

Common Sources/Foods Containing Tree Nuts: Artificial nuts (peanuts altered to look and taste like almonds, pecans and walnuts)

Baked goods (cakes, cereal bars, cookies, doughnuts, energy/granola bars, muffins, pastries)
 Baking mixes, cereals, crackers, muesli
 Coffee grinders
 Dressings/gravies
 Chinese food
 Gianduja (chocolate and chopped nuts mixture found in premium or imported chocolate and ice cream)
 Ice cream/frozen desserts/frozen yogurts/sundae toppings
 Natural flavorings and extracts
 Nut butter
 Nut-flavored coffee/liqueurs
 Sauces (barbeque, pesto, Worcestershire)
 Salads (Waldorf salad, curried chicken)
 Spreads (almond paste, cheese, chocolate nut, nougat, Nutella)
 Trail mixes