



TOP 7 THINGS TO KNOW ABOUT TREE NUT ALLERGY

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#1

IT IS USUALLY LIFELONG.



Unlike some other allergies, tree nut allergies are usually lifelong. Only 9 percent of children are likely to outgrow it.

#2

THERE ARE MANY TYPES OF TREE NUTS.



Tree nuts grow on trees. They include almond, walnut, cashew, hazelnut, pistachio, pine nut, Brazil nut, macadamia, pecan, butternut and ginkgo nut to name a few. Coconuts are technically fruit, but the FDA lists coconuts as a tree nut for allergy purposes. If you're allergic to one tree nut, avoid other tree nuts because there's a high chance of cross reactivity.

#3

TREE NUTS ARE FOUND IN MANY FOODS.



Some foods to also avoid include lychee nuts, marzipan, baked goods, cereals, candy, chocolates, desserts, energy bars, marinades, BBQ sauce, pesto and processed meats. Avoid nut butters, extracts, flavorings, nut meals, nut milks, and oils. Be careful in ice cream and frozen yogurt shops that may have nut toppings. Also take care in bakeries and ethnic restaurants that cook with tree nuts.

#4

TREE NUTS, PEANUTS AND SEEDS ARE NOT THE SAME.



Peanuts are legumes and grow in the ground. Seeds like poppy, sesame and sunflower are not tree nuts. Butternut squash, nutmeg and water chestnuts are OK to eat.

#5

FOOD LABELS MUST INDICATE TREE NUTS WHEN PRESENT.



Food products containing tree nuts are required by law to state this on food labels. But advisory labels are not required (for example, cross contamination, made in shared facility, storage and transportation issues). Be especially careful with peanuts and seeds since cross contamination with tree nuts is common.

#6

NO MATTER YOUR ALLERGY, THE BEST STRATEGY IS AVOIDANCE.



Currently there is no cure - the best strategy is to avoid tree nuts and foods that contain them.

- ▶ Epi shot is usually recommended for severe symptoms.
- ▶ Antihistamines are usually used for mild symptoms.
- ▶ See your doctor for guidance.

#7

LETTING OTHERS KNOW ABOUT YOUR TREE NUT ALLERGY IS AN IMPORTANT WAY TO STAY SAFE.



Create your **FREE** tree nut allergy profile at [selectivor.com](https://www.selectivor.com) and share it with others so you're never left out!



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