

## **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.

Bread crumbs

Bulgur

Cereal extract

Club wheat

Couscous

Cracker meal

Durum

Einkorn

Emmer

Farina

Flour (*all purpose, bread, cake, durum, enriched, graham, high gluten, high protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat*)

Hydrolyzed wheat protein

Kamut

Matzoh, matzoh meal (*also spelled as matzo, matzah, or matza*)

Pasta

Seitan

Semolina

Spelt

Sprouted wheat

Triticale

Vital wheat gluten

Wheat (*bran, durum, germ, gluten, grass, malt, sprouts, starch*)

Wheat bran hydrolysate

Wheat germ oil

Wheat grass

Wheat protein isolate

Whole wheat berries

**Wheat is sometimes found in the following:**

Glucose syrup

Soy sauce

Starch (*gelatinized starch, modified starch, modified food starch, vegetable starch*)

Surimi

**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, pigñolia, 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 extracts

nut oils (*e.g., walnut oil, almond oil*)

Walnut hull extract (*flavoring*)

**Keep the following in mind:**

- Mortadella may contain pistachios.
- There is no evidence that coconut oil and shea nut oil/butter are allergenic.
- 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.