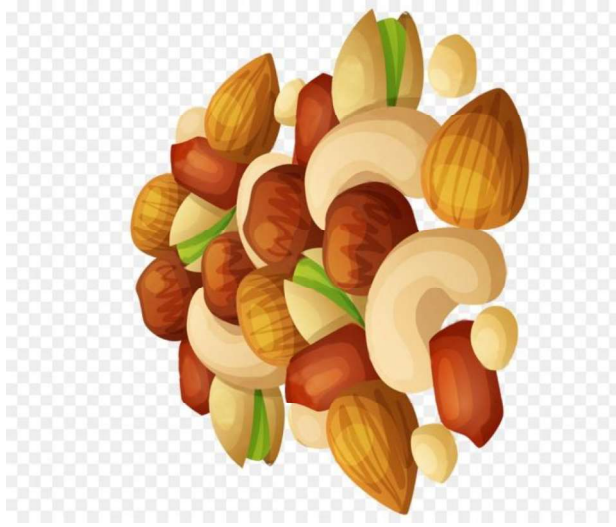


Your guide to:

Tree Nut Allergies



Tree nut allergies result from a hypersensitivity of the immune system to the protein in tree nuts. Symptoms occur within minutes of ingesting tree nuts. Therefore tree nuts and products containing tree nuts must be avoided and you must carry epinephrine.

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Foods commonly containing tree nuts: (not a complete list)

- Marzipan
- Pesto
- Baklava
- Pralines
- Nut liqueurs
- Nougat
- Mixed nuts
- Ground nuts
- Artificial nuts (Mandelona and NuNuts)
- Granola bars
- Cereal
- Fudge
- Ice cream

I only tested positive to one or two tree nuts, does that mean I can eat the other tree nuts?

- Avoid cross-reacting tree nuts
 - Cashews & Pistachios
 - Walnut & Pecans
- Avoid if chance cross contamination or “may contain other tree nuts”
- Tree nuts that are free of other tree nuts:
 - Blue Diamond (Costco)
 - Royal Nuts

Should I avoid peanuts?

- Peanuts are legumes, not tree nuts, therefore you may eat peanuts as long as there is no cross-contamination, and you do not also have a peanut allergy. If you are unsure of cross-contamination, then do not eat them. **Avoid buying from bulk food sections (higher risk for contamination).**

What about coconut and nutmeg?

- These are not tree nuts, therefore if you have not reacted to them before, you do not need to avoid them.

Can I have a reaction to the smell of tree nuts?

- No. Tree nut allergies are triggered by proteins; there is no proteins in odor. Some people may feel sick, but this is from an aversion and does not require treatment with epinephrine.

*** Read labels carefully, avoid products that say 'may contain', 'contains' or produced in same facility as tree nuts ***

For more information visit

anaphylaxis.ca, whyriskit.ca, safe4kids.ca