

# the children's hospital at Westmead

## Peanut and Tree Nut Free Diet

This sheet is a guide to avoiding nuts in your child's diet. Nuts are found in a variety of foods, often in foods we don't think about such as chocolate, cereal bars/muesli bars, breakfast cereals and bakery items. Your doctor may advise you to avoid a single nut, all types of nuts or a combination of nuts.

Packaged foods will state on the ingredient list whether or not a food contains nuts. Read the labels carefully and avoid the product if it says it '**contains nuts**'.

### **Avoid these nuts/ nut products:**

Peanuts, ground nuts, beer nuts, monkey nuts

almond  
brazil nut  
cashew  
chestnut  
hazelnut  
hickory nut  
macadamia nut  
mixed nuts  
pecan  
pine nut  
pistachio  
walnut  
praline, marzipan, nougat, peanut slab

Nut oils that are cold pressed, expressed, or expelled (see column of nuts listed to the left)  
arachis oil is peanut oil  
nut butters eg peanut butter  
chocolate nut spread  
almond paste  
nut essences i.e. almond essence/extract  
nutmeat  
nut pieces, crushed nuts  
ground nuts  
peanut flour  
satay sauce, peanut sauce  
friands  
pesto  
nut based alcoholic liqueurs eg Amaretto, Frangelica

### **Check the ingredient list of these foods for peanuts and other nuts:**

Baked goods	Croissants	Ice creams
Biscuits, baklava	Dried fruit mixes	Pastries
		Pesto
		Pasta sauces
Breads and buns	Flavourings (natural)	Salads/ salad dressings
Breakfast cereals eg muesli	Fried food (peanut oil)	Sauces
Cakes	Gravy	Snack foods
Chocolates	Health bars, eg muesli bars, energy bars, nut bars	Soups
Chocolate spreads	Home made food	Takeaway/restaurant foods
Confectionery ie lollies, fudge	Hydrolysed/textured vegetable protein (HVP & TVP)	Turkish delight
Crackers		Vegetarian foods



## Eating out

International cooking may contain peanuts/tree nuts, particularly African, Asian, Indian, Chinese, Middle Eastern, Indonesian, Mexican and Thai dishes. When you are booking it pays to say you need to avoid nuts. Check again with the waiting staff when ordering and ask for advice from the chef if you are not clear on what to choose.

## Changing Recipes

Most recipes can be easily changed to avoid nuts. Crushed nuts can be substituted with rice bubbles, coconut, or cornflakes (nut-free). Nut essences can be substituted with artificial or imitation essences.

## Note:

- Beans, legumes, pulses, nutmeg and coconuts are *not* related to nuts and are allowed in the diet if the child is not allergic to these.
- "May contain traces of nuts" on a label indicates that the food is made in a facility that makes a food containing nuts, or that the raw ingredients may have a chance of being contaminated with nuts, however the food may not contain nuts. Discuss what to do about these foods with your doctor.
- Highly refined nut oils are unlikely to cause a reaction in those with a nut allergy. Avoid nut oil which is cold pressed, expressed or expelled.
- Avoid foods that don't have a food label or that you haven't made yourself, as there is no guarantee that the product doesn't contain nuts.
- If you are allergic to peanuts, ask your doctor before starting the drug Roacutaine.

## Nut-Free Chocolates

- **Sweet William** - milk chocolate/ tangerine milk chocolate (dairy free, gluten free, lactose free, peanut free)  
chocolate spread (gluten free, lactose free, dairy free, peanut free)  
available in Woolworths, Coles (health food isle), IGA (confectionery isle), health food shops.  
[www.sweetwilliam.com.au](http://www.sweetwilliam.com.au)
- **Kinnerton**- milk/dark chocolate (nut free, dairy free, gluten free, egg free)  
available at Big W, Target, Aldi, Darrell Lea, Kmart., Myer, Sugar Fix
- **Willow** - chocolate bars, Christmas, Easter and Valentine novelties, frogs  
Available 03 9587 1079 or via [www.allergyblock.com.au](http://www.allergyblock.com.au)

## For more information

[www.chw.edu.au/parents/factsheets/#allergy](http://www.chw.edu.au/parents/factsheets/#allergy)

- Australian Society of Clinical Immunology and Allergy (ASCIA) [www.allergy.org.au](http://www.allergy.org.au)
- FSANZ - Food Standards Australia and New Zealand for information on food labelling  
[www.foodstandards.gov.au](http://www.foodstandards.gov.au)

Dietitian: \_\_\_\_\_

Telephone: \_\_\_\_\_

