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How to Read a Label for a Tree Nut-Free Diet

Avoid Foods That Contain Nuts or Any of These Ingredients

- Almonds
- Brazil nuts
- Cashews
- Chestnuts
- Filbert/Hazelnuts
- Gianduja (a creamy mixture of chocolate and chopped toasted nuts found in premium or imported chocolate)
- Hickory nuts
- Macadamia nuts
- Marzipan/Almond paste
- Nougat
- Nu-Nuts® artificial nuts
- Nut butters i.e. cashew butter
- Nut oil
- Nut paste i.e. almond paste
- Pecans (Mashuga nuts)
- Pine nuts (pinyon nuts)
- Pistachios
- Walnuts

Keep the Following in Mind

- Artificial nuts can be peanuts that have been deflavored and reflavored with a nut, like pecan or walnut
- Filberts are also hazelnuts
- Avoid natural extracts i.e. pure almond extract, use imitation or artificial flavored extracts
- Tree nuts have been used in many foods including barbeque sauce, cereals, crackers, and ice cream