

Tree Nuts – Training Resource

Tree nuts and Peanuts are two separate proteins, peanuts are classed as a legume. Tree nuts are in a different botanical category and include almonds, hazelnuts, walnuts, cashew nuts, pecans, Brazil nuts, pistachios and macadamia nuts.

Some people can only be allergic to one or two of the tree nuts. e.g., Brazil nuts, however, they may become allergic to others over time, e.g. walnut (Ewan and Clark 2005). It is worth noting that there is a danger when nuts are transported, stored or manufactured that cross contamination can occur. **The safest approach is to avoid all nuts.**

What other foods should be avoided?

A significant proportion of people with a nut allergy can also have a peanut allergy or become allergic over time.

Both allergies can sometimes result in severe allergic reactions and this can cause intense concern for those with allergies and their carers. It maybe that when someone is having a reaction it could be the first time this has happened and it is important that symptoms are recognised and emergency services are contacted.

Note: Peanuts and Tree Nuts need to be identified as separate allergens under the EU FIC regulation 1169/2011

Uses - This list is not exhaustive.

- Pesto sauce (can contain tree nuts)
- Salad dressings (may contain nut oils.)
- Marzipan
- Praline
- Salads – Waldorf Salad
- Curries and other eastern dishes
- Cakes
- Pastries
- Cereal bars
- Confectionery
- Ice cream
- Desserts
- Vegetarian products
- Biscuits

Roasting and heat treatment do not reduce the allergenicity of peanuts or tree nuts. In fact laboratory experiments have suggested that roasting and heating peanuts (but not boiling) may actually increase their allergenicity.

People with nut allergy frequently ask if they should avoid certain foods with “nut” in the name – even those that are botanically different to tree nuts. These include pine nuts, coconut, nutmeg and chestnut. If someone is allergic to nuts and has never had a reaction to any of these foods, it is likely that they are safe for you to eat. However, medical literature shows, each of them is known to cause allergic reactions in a small number of people (not necessarily people with nut allergy).

To find out more about training and resources visit www.foodallergyaware.co.uk