

**Avoid foods that contain tree nuts or any of these ingredients: June 2014**

- Almond
- Artificial nuts
- Brazil nut
- Beechnut
- Butternut
- Cashew
- Chestnut
- Chinquapin nut
- Coconut
- Filbert/hazelnut
- Gianduja (a chocolate-nut mixture)
- Ginkgo nut
- Hickory nut
- Litchi/lychee/lychee nut
- Macadamia nut
- Marzipan/almond paste
- Nangai nut
- Natural nut extract (e.g., almond, walnut)
- Nut butters (e.g., cashew butter)
- Nut meal
- Nut meat
- Nut paste (e.g., almond paste)
- Nut pieces
- Pecan
- Pesto
- Pili nut
- Pine nut (also referred to as Indian, pignoli, pignolia, pignon, piñon, and pinyon nut)
- Pistachio
- Praline
- Shea nut
- Walnut

**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)

### Some Unexpected Sources of Tree Nuts\*

- Tree nut proteins may be found in cereals, crackers, cookies, candy, chocolates, energy bars, flavored coffee, frozen desserts, marinades, barbeque sauces and some cold cuts, such as mortadella.
- Some alcoholic beverages may contain nut flavoring and should be avoided. Since these beverages are not currently regulated by FALCPA, you may need to call the manufacturer to determine the safety of ingredients such as natural flavoring.

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\*Note: This list highlights examples of where tree nuts have been unexpectedly found (e.g., on a food label for a specific product, in a restaurant meal, in creative cookery). This list does not imply that tree nuts are always present in these foods; it is intended to serve as a reminder to always read the label and ask questions about ingredients before eating a food that you have not prepared yourself.

### Avoid foods that contain peanuts or any of these ingredients:

- Artificial nuts
- Beer nuts
- Cold pressed, expeller pressed or extruded peanut oil
- Goobers
- Ground nuts
- Mandelonas (peanuts soaked in almond flavoring)
- Mixed nuts
- Monkey nuts
- Nut meat
- Nut pieces
- Peanut butter
- Peanut flour
- Peanut protein hydrolysate

### Peanut is sometimes found in the following:

- Baked goods (e.g., pastries, cookies)
- Candy (including chocolate candy)
- Chili
- Egg rolls
- Enchilada sauce
- Marzipan
- Mole sauce
- Nougat

### Some Unexpected Sources of Peanut

- African, Asian and Mexican dishes
- Sauces such as chili sauce, hot sauce, pesto, gravy, mole sauce and salad dressing
- Sweets such as pudding, cookies, baked goods, pies and hot chocolate
- Egg rolls
- Pancakes
- Specialty pizzas
- Some vegetarian food products, especially those advertised as meat substitutes
- Foods that contain extruded, cold-pressed or expelled peanut oil, which may contain peanut protein
- Glazes and marinades
- Pet food

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