

## Avoid Food that contain tree nuts or any of these ingredients:

- 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 but
- 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, pigñolia, 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 but 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 are not currently regulated by FALCPA, you may need to call the manufacturer to determine the safety of ingredients such as natural flavoring.
- \*Note: This list highlights examples of where tree but proteins 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 but proteins 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 food 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
- 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

\*Note: This list highlights examples of where peanuts 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 peanuts 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.