

# Tree Nut Allergies



Tree nut allergies result from a hypersensitivity of the immune system to the protein in tree nuts. Symptoms occur within minutes of ingesting tree nuts.

Therefore tree nuts and products containing tree nuts must be avoided and you must carry an epipen.

See: [www.kingstonallergyandasthma.com](http://www.kingstonallergyandasthma.com)

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## Read labels carefully

Foods commonly containing tree nuts:

### NOT A COMPLETE LIST

- Marzipan
- Pesto
- Baklava
- Pralines
- Nut liqueurs
- Nougat
- Mixed nuts
- Ground nuts
- Artificial nuts (Mandelona and NuNuts)
- Trail mixes
- Granola bars
- Cereal
- Fudge
- Ice cream

## Should I avoid peanuts?

Peanuts are legumes, not tree nuts, therefore if there is no chance of cross-contamination, and you are not allergic to peanuts, it is safe to eat them. If you are unsure of cross-contamination, then do not eat them.

**Avoid buying from bulk food sections (higher risk for contamination).**

## What about coconut or nutmeg?

These are not tree nuts, therefore if you have not reacted to them before, you do not need to avoid them.

I only tested positive to one or two tree nuts, does that mean **I can eat the other tree nuts?**

No, all tree nuts must be avoided as there is a high risk of cross-contamination. Also there is a high cross-reactivity rate.

## Can I outgrow my allergy?

10% of tree nut allergic patients can outgrow their allergy. You **MUST** be tested by an allergist to determine if you have lost your allergy. **DO NOT** try eating tree nuts on your own at home.

## Can I have a reaction to the smell of tree nuts?

No. Tree nut allergies are triggered by proteins; there is no proteins in odor. Some people may feel sick, but this is from an aversion and does not require treatment with epipen.

**\*\*\* Read labels carefully, avoid products that say 'may contain', 'contains' or 'produced in same facility as' tree nuts.\*\*\***

For more information visit

[www.anaphylaxis.ca](http://www.anaphylaxis.ca)

[www.whyriskit.ca](http://www.whyriskit.ca)

[www.safe4kids.ca](http://www.safe4kids.ca)