



IDENTIFYING TREE NUTS

Nuts can appear in different forms – inside their shells, outside of their shells, whole, chopped up, and even ground into tiny pieces. Some nuts can even look similar to each other. This can make recognizing tree nuts tricky. It's important that your child, you, and other caregivers know what to look for to help prevent allergic reactions. Study the images of different tree nuts below. Show the images to your child and talk about what nuts might look like in prepared food and by themselves. Explain that many nuts come in shells and that they may look different in the shell and out of the shell.



Almond



Brazil nut



Cashew



Hazelnut/Filbert



Macadamia nut



Pecan



Pine nut/piñon nut



Pistachio



Walnut

Talk with your doctor about whether or not your child should avoid all nuts. This decision may depend on their allergy, their age and ability, and other factors. Eating varied foods, including nuts, supports good nutrition and may prevent a new allergy from developing.

Peanut – Peanut is a legume. Some people allergic to tree nuts can safely eat peanut. If you are allergic to tree nuts, talk with your allergist before removing peanut from your child's diet.