



TREE NUT ALLERGY Chef Cards

Take all food allergies seriously. • Read all ingredient labels.

Tree nuts can appear on food labels under many different names. To avoid tree nuts in foods and other products, it helps to learn the different names of tree nuts. If you see these ingredients on a label or menu, it means it contains tree nut protein and is not safe for someone with tree nut allergy. If the product is an FDA-regulated food, the common tree nut name must appear on the label.

When you eat out, use these chef cards to let the restaurant staff know how to help you avoid allergic reactions to tree nut.

I have a tree nut allergy! I must avoid all foods that contain tree nut. Contains Tree Nuts <table><tr><td>Almond</td><td>Macadamia nut (bush nut, Queensland nut, maroochi nut, bauple nut, Hawaii nut)</td></tr><tr><td>Black walnut</td><td>Pecan</td></tr><tr><td>Brazil nut</td><td>Pine nut/pinon nut</td></tr><tr><td>California walnut</td><td>Pistachio</td></tr><tr><td>Cashew</td><td>Walnut (English, Persian)</td></tr><tr><td>Filbert/hazelnut</td><td></td></tr><tr><td>Heartnut/Japanese walnut</td><td></td></tr></table>	Almond	Macadamia nut (bush nut, Queensland nut, maroochi nut, bauple nut, Hawaii nut)	Black walnut	Pecan	Brazil nut	Pine nut/pinon nut	California walnut	Pistachio	Cashew	Walnut (English, Persian)	Filbert/hazelnut		Heartnut/Japanese walnut		Tree Nuts Are Sometimes In Artificial flavoring Baked goods Desserts Mortadella Natural flavoring Nougat May Contain Tree Nuts Pesto Trail mix Vegetable oils Mandelonas Mashuga nuts Mixed nuts Natural nut extract Nougat Nut butters Nut meal Nutmeat Nut oil Nut paste Nut pieces Pralines Please check all foods for the ingredients on this card, including cooking oils, marinades, sauces, and seasonings. Use separate and clean utensils, equipment, surfaces, and gloves. KFA Kids with Food Allergies For more detailed information and a list of resources, please visit: kidswithfoodallergies.org/treenut Copyright ©2022, Kids with Food Allergies, A Division of the Asthma and Allergy Foundation of America, all rights reserved.	
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CHEF: FOOD ALLERGY ALERT I have food allergies! In order for me to avoid an allergic reaction, I must avoid all food that contain: <table><tr><td>☐ Milk</td><td>☐ Egg</td><td>Other Allergens: _____</td></tr><tr><td>☐ Peanut</td><td>☐ Tree Nuts</td><td>_____</td></tr><tr><td>☐ Wheat</td><td>☐ Gluten</td><td>_____</td></tr><tr><td>☐ Sesame</td><td>☐ Soy</td><td>_____</td></tr><tr><td>☐ Fish</td><td>☐ Shellfish</td><td>_____</td></tr></table>	☐ Milk	☐ Egg	Other Allergens: _____	☐ Peanut	☐ Tree Nuts	_____	☐ Wheat	☐ Gluten	_____	☐ Sesame	☐ Soy	_____	☐ Fish	☐ Shellfish	_____	Before preparing my food, please take these steps to help keep me safe. I appreciate you! • Read labels to look for the allergens listed on the front of this card. Please check all foods including cooking oils, marinades, sauces and seasonings. • Please use separate and clean utensils, equipment and surfaces to prepare my meal. • Wash hands with soapy water and change gloves. KFA Kids with Food Allergies For more detailed information and a list of resources, please visit: kidswithfoodallergies.org Copyright ©2021, Kids with Food Allergies, A Division of the Asthma and Allergy Foundation of America, all rights reserved.
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