

## How to Read a Label for Tree Nuts

All FDA-regulated manufactured food products that contain a tree nut as an ingredient are required by U.S. law to list the specific tree nut on the product label.

- almonds
- artificial nuts
- beechnut
- Brazil nuts
- butternut
- cashews
- chestnuts
- chinquapin
- filberts/hazelnuts
- glanduja (a Chocolate-nut mixture)
- ginkgo nut
- hickory nuts
- litchi/lychee/lychee nut
- macadamia nuts
- marzipan/almond paste
- natural nut extract (e.g., almond, walnut)
- nut butters (e.g., cashew butter)
- nut meal
- nut paste (e.g., almond paste)
- nut pieces
- nutmeat
- pecans
- pesto
- pili nut
- pine nuts (also referred to as Indian, pignoli, pignolia, pignon, piñon, and pinyon nuts)
- pistachios
- 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 (e.g. flavoring)

### Keep the following in mind:

- Mortadella may contain pistachios
- There is no evidence that coconut oil and shea nut oil butter are allergenic.
- Many experts advise patients allergic to tree nuts to avoid peanuts as well.
- Talk to your doctor if you find other nuts not listed here.

### For more information:

[foodallergy.org](http://foodallergy.org)