



WHAT IS A NUT?

NUTS are single-seeded fruits with high oil content. Typically, they are inside a solid outer shell. This includes hazelnuts, walnuts and pecans.

WHERE ARE NUTS FOUND?

Nuts can be found in **BUTTERS, PASTES** and **OILS**. Nuts are also commonly added to baked goods, candy, cereals, and sauces. It is important to read the label when you buy a product to ensure there are no nuts added.

WHAT FOODS ARE NUT-FREE?

Foods that are almost always nut-free include *vegetables and fruits, meat and poultry, beans, seeds, and dairy products.*



Peanuts do not meet the definition of a real nut, and are considered to be a legumes like lentils. However, they do fall under the "nut" allergy category due to their protein structure.

WHAT IS A NUT ALLERGY?

A **NUT ALLERGY** is caused when the immune system reacts to a protein found in nuts. A reaction develops that can be mild to severe. The severe form of the reaction is called anaphylaxis.

CROSS-CONTAMINATION

Even small amounts of nuts can cause an allergic reaction for those with nut allergies.

Cross-contamination is the transfer of an ingredient to a product that does not normally have it. Checking the **MAY CONTAIN** warnings is a helpful way to avoid any cross contamination.

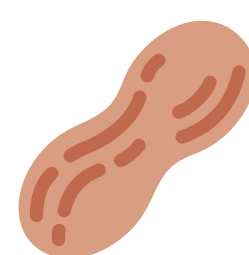
Cross-contamination can also happen during **FOOD PREPARATION** at home or in a restaurant. It can cause a food that should not contain nuts to become dangerous for those who are allergic.



Health Canada considers nuts to be a priority allergen. This means it is one of the foods that causes the majority of allergic reactions.

AVOIDING NUTS IN YOUR DIET

- Check the label of products to ensure there was no potential contamination or nuts added during the **MANUFACTURING** process.
- Be mindful of **HIDDEN SOURCES** of nuts in the food you eat.
- Avoid foods that do not have an **INGREDIENT LIST**.
- Have a **SEPARATE SPACE** in the kitchen to prepare and store nut-free products.
- Know what to do if you accidentally eat nuts.



For more information on nut allergies, visit <http://www.foodallergycanada.ca/allergies/tree-nuts>