



Tree Nuts



Quick Facts

- Tree nuts are considered a priority allergen by Health Canada.
- People with an allergy to one type of nut have a greater chance of being allergic to others.
- People who are allergic to some tree nuts generally avoid all tree nuts and peanuts because of the risk of cross-contamination.

Be Allergy-Aware

- Read ingredient labels every time you buy or eat a product.
- Do the Triple Check and read the label:
 - Once at the store before buying it.
 - Once when you get home and put it away.
 - Again before you serve or eat the product.
- Always carry your epinephrine auto-injector.
- For tips on eating out, visit our guide for dining out with food allergies.
- Check with manufacturers directly to see if the product is safe for you even if your allergen is not listed on the ingredient list.
- Be careful when buying imported products, since labelling rules differ from country to country.

To Report a Reaction

If you believe you may have reacted to an allergen not listed on the packaging, you can report it to the Canadian Food Inspection Agency, which may issue a product recall. Find out more on our Food Labelling page.

Other Names for Tree Nuts

Although Canadian labelling requirements specify that nuts be labelled by their name, it's important to know some of the other words for nuts, especially on non-Canadian products. These include: anacardium nuts; mandelonas (a nut-flavoured peanut confection); nut meats; and Queensland nut (macadamia).

Common tree nuts

- Almonds
- Brazil nuts
- Cashews
- Chestnuts
- Hazelnuts (filberts)
- Hickory nuts
- Macadamia nuts
- Pecans
- Pine nuts (pinon, pignolias)
- Pistachios
- Shea nuts (shea butter)
- Walnuts

Other names for tree nuts

- Anacardium nuts
- Mandelonas (a nut-flavoured peanut confection)
- Nut meats
- Queensland nut (macadamia)

Possible sources of tree nuts

- Alcoholic beverages, such as Frangelico, amaretto liqueurs and others
- Baked goods such as biscotti, cakes, cookies, crackers, donuts, granola bars, pastries and pies, baklava, baking mixes
- Barbecue sauce
- Candies, such as calisson, mandelonas, marzipan, some chocolates, chocolate bars
- Cereals, granola, muesli
- Health and Nutritional supplements, such as herbal remedies and vitamins
- Herbal teas
- Hot cocoa and cocoa mixes
- Ice cream, gelato, frozen desserts, sundae toppings, frozen yogurt, pralines
- Main course dishes such as butter chicken, chicken korma, mole sauce, pad thai, satay, chili, other gravy dishes
- Natural flavourings and extracts
- Nut-flavoured coffees, hot cocoa, specialty drinks
- Peanut oil
- Pesto sauce
- Salads and salad dressings
- Smoke flavourings
- Snack food like chips, popcorn, snack mixes, trail mix
- Spreads and Nut butters (e.g., Nutella and gianduia/gianduja)
- Vegetarian dishes

Non-food sources of tree nuts

- Beanbags, kick sacks/hacky sacks
- Bird seed
- Cosmetics, skin and hair care products, lotions, soap, body scrubs, sun screens
- Massage oils
- Pet food
- Sandblasting materials