

Tree Nuts



Leaflet #14



Treenuts

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Nuts are often seen as a healthy snack. They contain proteins and oils.

It is a Christmas tradition in many homes to see several varieties of nuts in their shells with a nutcracker. It can turn into a competition to see who can extract a whole nut.

Nuts are often used in cakes, curries, macarons, etc. Their oils are also sometimes used in salad dressings, Asian cuisine and shallow frying.

Eight named nuts must be declared when they are included in a dish. See the list on the right.

When is a nut NOT a nut?

Those not included in the UK and EU are Coconut, Chestnut, and Pine nut. So, please be careful when labelling, as these should not be highlighted.

Ask your doctor

We do not give medical advice.

Please always speak to your medical practitioner for advice if you suspect an allergic reaction, or are worried that you, or a family member, may have an allergy.

Other names to look for:

Almond
Brazil
Cashew
Hazelnut/Cobnut/Filbert
Macadamia/Queensland nut
Pecan/Hickory nut
Pistachio
Walnut