



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.

CUT

I have a tree nut allergy!
I must avoid all foods that contain tree nut.

Contains Nuts

Almond	Chinquapin	Pili nut
Beech nut	Coconut*	Pine nut
Brazil nut	Filbert	Pinon nut
Bush nut	Ginko nut	Pistachio
Butternut	Hazelnut	Shea nut**
Cashew	Hickory nut	Walnut (English, Persian, Black, Japanese, California)
Chestnut (Chinese, American, European, Seguin)	Lichee nut	
	Macadamia nut	
	Pecan	

Nuts Are Sometimes Found in

Artificial flavoring	Pesto	Natural nut extract
Baked goods	Trail mix	Nougat
Desserts	Vegetable oils	Nut butters
Mortadella	May Contain a Variety of Nuts	Nut meal
Natural flavoring	Mandelonas	Nutmeat
Nougat	Mashuga nuts	Nut oil
	Mixed nuts	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.

CUT

I have a tree nut allergy!
I must avoid all foods that contain tree nut.

Contains Nuts

Almond	Chinquapin	Pili nut
Beech nut	Coconut*	Pine nut
Brazil nut	Filbert	Pinon nut
Bush nut	Ginko nut	Pistachio
Butternut	Hazelnut	Shea nut**
Cashew	Hickory nut	Walnut (English, Persian, Black, Japanese, California)
Chestnut (Chinese, American, European, Seguin)	Lichee nut	
	Macadamia nut	
	Pecan	

Nuts Are Sometimes Found in

Artificial flavoring	Pesto	Natural nut extract
Baked goods	Trail mix	Nougat
Desserts	Vegetable oils	Nut butters
Mortadella	May Contain a Variety of Nuts	Nut meal
Natural flavoring	Mandelonas	Nutmeat
Nougat	Mashuga nuts	Nut oil
	Mixed nuts	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.

CUT

CHEF: FOOD ALLERGY ALERT

I have food allergies!
In order for me to avoid an allergic reaction, I **must avoid** all food that contain:

<input type="checkbox"/> Milk	<input type="checkbox"/> Egg	Other Allergens: _____
<input type="checkbox"/> Peanut	<input type="checkbox"/> Tree Nuts	_____
<input type="checkbox"/> Wheat	<input type="checkbox"/> Gluten	_____
<input type="checkbox"/> Sesame	<input type="checkbox"/> Soy	_____
<input type="checkbox"/> Fish	<input type="checkbox"/> 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.



For more information and other resources, please visit: kidswithfoodallergies.org/treenut

Copyright © 2022, Kids with Food Allergies, a division of the Asthma and Allergy Foundation of America (AAFA), all rights reserved. First Edition December 2022 | Medical Review December 2022

