Tree Nut Allergies

Tree nut allergies are reactions against **almonds**, **walnuts**, **cashews**, **macadamias**, **pecans**, and **pine nuts** just to name a few. Peanuts are not in the tree nut family as they are a legume, but it is generally recommended to avoid peanuts also as it is possible that a reaction could happen with consumption. Many baked goods and candy contain tree nuts and it is a good idea to avoid these unless the ingredients are known.

To set up a meal schedule to make sure the foods you eat are safe, contact **Sue Philbrook** the Food Service Supervisor at Union Drive Marketplace. Her email is **sueph@iastate.edu** or by phone at **515-294-4109**.

For more information:

- **NetNutrition** - Resource for finding foods safe to eat
- **Food Allergy and Anaphylaxis Network** - Brief description on tree nut allergies
- **Tree nut allergy** - More information
- **USDA-Food allergens** – List of resources on food allergies
- **Food Allergy and Anaphylaxis Network** - How to read food labels for tree nut allergies