



ALLERGY SUBSTITUTIONS – TREE NUT

These are intended as guidelines only. Individual dietary needs and allergens vary.

Living with a Tree Nut Allergy

Living with a food allergy doesn't have to prevent you from enjoying wholesome and nutritious foods. The good news is that manufactures are required to state whether or not their product contains the following eight most common allergens – peanuts, tree nuts, soy, milk, eggs, fish, shellfish and wheat. Allergen information can be found near the nutrition facts label.

As the saying goes "*When in doubt, throw it out.*" A food allergy can cause a potential life-threatening reaction. So, if you are uncertain whether the food contains tree nuts, do not eat the food. Manufactures change ingredients, so even if you buy the product frequently, always check the food label before you make a purchase. Potential allergens could also be present in foods if it is produced or manufactured in a plant containing allergenic foods – this is called cross contamination. It is *always* important to read foods labels before you buy.

Your best choices are going to be to select whole foods and limit your consumption of processed foods. Processed foods, like those that come in a box or can, usually have more allergens because of the additives, flavorings, coloring and preservatives added.

List of Tree Nuts:

- Almonds
- Beech Nut
- Brazil Nut
- Butternut
- Cashew
- Chestnut
- Chinquiapin
- Coconut
- Hazelnut (filbert)
- Ginkgo Nut
- Hickory Nut
- Lichee Nut
- Macadamaia Nut (bush nut)
- Pecan
- Pine Nut (pinon)
- Pili Nut
- Pistachio
- Sheanut
- Walnut

Here are some hidden sources of Tree Nuts:

- Black Walnut Hull Extract
- Natural Nut Extract
- Nut Extract
- Nut oils (walnut, almond, etc)
- Walnut Hull Extract
- Mortadella may contain pistachios
- Pesto



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Heat & Eat: Amy's® Tree Nut Free:

- ½ Can Medium Chili*
- ½ Can Spicy Chili*
- 3 cheese penne bowl
- Asian Noodle Stir-fry
- Bean & Cheese Burrito*
- Bean & Rice burrito*
- Black Bean & Vegetable Enchilada
- Black Bean Enchilada whole meal*
- Black Bean Tamale Verde
- Brown Rice & Vegetables Bowl*
- Brown Rice, Black-eyed Peas & Veggies Bowl*
- Burrito Especial
- Cheese pizza in a pocket sandwich
- Garden Vegetable Lasagna
- Indian Matter Tofu*
- Indian Palak paneer*
- Indian Spinach Tofu Wrap
- Light & Lean Cheese Pizza (single serve)
- Light & Lean Italian Veggie Pizza (single serve)
- Light and Lean Bean & Chees Burrito
- Light and lean Spinach Lasagna
- Mushroom & Olive Pizza (1/3 of pizza)*
- Roasted Vegetable Tamale
- Santa Fe Enchilada Bowl
- Southern Dinner
- Southwestern Burrito
- Soy Cheeze Pizza (1/3 of pizza)*
- Spinach Feta in a pocket Sandwich*
- Spinach Pizza (1/3 of pizza)*
- Spinach Pizza in a Pocket Sandwich
- Stuffed Pasta Shells Bowl
- Teriyaki Bowl*
- Teriyaki Wrap
- Thai Stir-fry
- Tofu Scramble with Hash Browns & Veggies*
- Tofu Vegetable Lasagna
- Vegetable Lasagna*
- Veggie Loaf whole meal*

* available in Canada

Using Exchanges:

If a recipe calls for 12 (1/2 oz) almonds or 7 (1/2 oz) walnut halves, simply substitute these foods for one nut exchange. Here is a substitution list:

If a recipe calls for....	Substitute with...
½ oz slivered almonds	2 T Flax Seed (ground) or 1 nut exchange
12 (1/2 oz) almonds	3 T (3/4 oz) soy nuts or 1 nut exchange
12 (1/2 oz) cashews	2 T sunflower seeds or 1 nut exchange
2T dried, sweetened coconut	1 nut exchange
5-6 sm. (1/2 oz) Macadamia nut	1 nut exchange
10 lrg. halves (1/2 oz) Pecans	1 nut exchange



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If a recipe calls for....	Substitute with...
80 (1/2 oz) Pine nuts	1 nut exchange
20 kernels (1/2 oz) Pistachios	1 nut exchange
4 nuts or 7 halves (1/2 oz) Walnuts	1 nut exchange
1 oz chestnut	1 nut exchange
1 T pesto	1 Fat exchange
Kashi® GoLean - ½ C - Crunch!	Fiber One® (original) - 2/3 C or 1
Honey Almond Flax	starch exchange
Nature Valley® Crunchy Granola Bar (all varieties)	Popcorn, air popped – 2 ½ C or 1 starch exchange
Kashi® Granola (all varieties) – 2 T	Cascadian Farms Granola – 2 T or 1 starch exchange
PowerBar® Pria® (all varieties)	Fiber One® 90 Calorie (all varieties)
Balance Bar® Gold & Original (all varieties)	Odwalla Bar!® - Chocolate Peanut Butter
Kashi GOLEAN Bar (all varieties)	Odwalla Bar!® - Chocolate Peanut Butter
Luna® Protein (all varieties)	Odwalla Bar!® - Chocolate Peanut Butter
Pure Protein® Bar (50 g) (all varieties)	Odwalla Bar!® - Chocolate Peanut Butter OR 1 protein + 1 fruit exchange
Cascadian Farm® Multi Grain cereal – ½ C	Kashi® Heart to Heart - ½ C or 1 Starch Exchange
½ C Wheaties®	Kashi® Heart to Heart - ½ C or 1 starch exchange