

HOW TO READ A LABEL FOR NUTS:

The following ingredients fall into the category of nuts:*

- almonds
 - brazil nuts
 - cashews
 - chestnuts
 - coconut
 - filberts
 - hazelnuts
 - gianduja (a creamy mixture of chocolate and chopped toasted nuts found in premium or imported chocolate)
 - hickory nuts
 - macadamia nuts
 - marzipan/almond paste
 - nougat
 - Nu-Nuts ® artificial nuts (peanuts that have been deflavored and reflavored with a nut like pecan or walnut)
 - nut butters, i.e., cashew butter, almond butter
 - nut oil
 - nut paste, i.e., almond paste
 - peanuts (are not tree nuts)
 - pecans
 - pine nuts (pignolia, pinion)
 - pistachios
 - walnuts
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- Many Ethnic foods, commercially prepared baked goods, and candy can be cross-contaminated with nuts since nuts are frequently used in these types of foods.
 - Tree nuts are being added to an increasing variety of foods such as barbeque sauces, cereals, crackers, and ice creams.