

Avoiding cashew and pistachio nuts when you are allergic to them

Nutrition & Dietetics Department

Information for Patients

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Information for patients with cashew nut or pistachio nut allergy

The advice in this leaflet is for all patients including children.

Cashew nuts are a small, white, kidney shaped nut (slightly larger than a peanut).

Pistachio nuts are smaller. They give a green colour when used in foods such as pistachio ice cream. The 2 nuts are closely related.

- Cashew nuts are most often used in savoury rather than sweet foods.
- Cashew nuts are widely used in Chinese and Thai cooking.
- Pesto sauce has cashew nut. Pasta and Italian foods should be checked carefully.
- If a food contains cashew or pistachio nut, the word **CASHEW** or **PISTACHIO** will be written in bold or large type in the ingredients list.

All foods which have cashew or pistachio nut and unspecified nut (such as chopped mixed nut) should be avoided. Page 2 has a list of common foods which contain cashew (and pistachio) nut.

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Common foods which contain cashew nut or pistachio nuts

Salads:	Savoury snacks / cereal bars
Pasta salad	Mixed nut snacks such as Bombay mix, savoury mix, tropical fruit and nut mix
Pesto sauce dressing	Honey roasted cashews / mixed nuts
Salad dressing	High protein snacks
	Naked bars, other cereal bars
Pasta dishes:	
Any pasta dish which may have pesto sauce	
	Vegetarian foods:
Ethnic foods:	Nut cutlets
Chinese dishes for example chicken and cashew nut, chow mein	Spicy veggie burgers
Many Chinese dishes may be contaminated	Vegetarian curries and stir fries
Thai food such as spring rolls, stir fries	
Indian snacks such as, samosas	Ice cream & desserts
	Pistachio ice cream
	Mixed nut topping
	Frozen cream desserts
	Vegan / non-dairy ice creams

High risk situations:

- Chinese and Thai restaurants and takeaways
- Pasta dishes and Italian restaurants (pesto)
- Savoury snacks and cereal bars
- Salad bars
- Ice-cream counters

Reading food labels

- It is important to check the ingredients labels for peanut or unspecified mixed nut and strictly avoid these foods.
- The word **CASHEW** or **PISTACHIO** will be written clearly in bold type or larger font in the ingredients list.
- If a food has no label you must ask whether it has cashew or pistachio. Avoid any foods where ingredients are unknown for example at a cake sale or party food. They could contain hidden nut.
- Below the ingredients list, it may say 'may contain traces of cashew or pistachio or other nuts' or 'made in a factory that handles nuts'. This is used to say that a food may sometimes be contaminated with these allergens. This is rare and is unlikely to cause a reaction. You can eat these foods but as a precaution always have your medicine with you in case of mild allergic symptoms or discuss with your doctor or dietitian.
- Recipes and ingredients lists change often so it is important to always check the label, even if it is something you have been able to eat before.

Contact details:

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