

# Avoiding hazelnuts when you are allergic to them

Nutrition & Dietetics Department

Information for Patients

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## Information for patients with hazelnut allergy

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

Hazelnuts are small round nuts (the size of a large pea). They are sometimes known as Filberts or Cob nuts. They may also be labelled as praline. This is a hazelnut paste most often used in fancy chocolates and desserts. If a food has hazelnut, the word hazelnut will be in bold or large type in the ingredients.

All food which has hazelnut or unspecified nut (such as chopped or mixed nuts) should be avoided.

Some people with hazelnut allergy may get a skin reaction to shampoos, skin creams and other toiletries that contain hazelnut extract.

Hazelnut will be labelled on the ingredients list as

- **Corylus rostrata**
- **Corylus Americana**
- **Corylus Avellana**

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or call 111 for non-emergency medical advice

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## Common foods which contain hazelnut

|                                       |   |
|---------------------------------------|---|
| <b>Breakfast cereals:</b>             | <b>Cakes:</b>   |
| Jordan's / Alpen / other muesli       | Gateaux with chopped nuts                                   |
| Jordan's Country Crisp – nut flavours | Pavlovas  |
| Honey nut shredded wheat              | Danish pastries   |
| Fruit and fibre                       | Muesli bread / cakes  |
| Weetabix minis – fruit and nut        | Frozen / fresh roulades                                     |
| Kellogg's Krave                       |   |
| Chocolate hazelnut cereals            | <b>Desserts:</b>  |
|                                       | Chocolate nut ice cream                                     |
| <b>Biscuits:</b>                      | Praline ice cream   |
| Choc chip and nut cookies             | Hazelnut yoghurts   |
| Grisbi biscuits                       | Cornetto  |
| Cereal bars                           | Ice cream van (chopped nuts)                                |
|                                       | Crumbles / biscuit bases / toppings                         |
| <b>Pastries</b>                       | Hazelnut meringues  |
| Chocolate croissants                  | Ben and Jerry's – Hazel-nuttin but chocolate                |
| Prepacked chocolate pancakes          | Dairy free desserts   |
| <b>Sweets and chocolate</b>           | <b>Others:</b>  |
| Kinder Bueno                          | Nutella chocolate spread / own brand                        |
| Roses                                 | Savoury mix   |
| Black Magic                           | Some cheap milk chocolate bars, chips and cooking chocolate |
| Praline chocolates                    | Chocolate bars labelled as whole nut                        |
| Ferrero Rocher                        | Cereal bars labelled as protein rich                        |
| Milk Tray                             |   |
| Snickers Hazelnut                     |   |
| Thornton's chocolate selections       | <b>High risk situations:</b>                                |
| Lindt Swiss                           | Bakery shops  |
| Galaxy vegan chocolate                | Cookie shops  |
|                                       | Chocolate boxes   |
| <b>Savoury foods:</b>                 | Ice cream counters  |
| Nut cutlets                           | Cereals and cereal bars                                     |
| Vegetarian pâté                       | Biscuit toppings  |
| Luxury stuffing mixes                 |   |
| Tortellini stuffing                   |   |
| Vegan foods                           |   |

## Reading food labels

- It is important to check the ingredients labels for peanut or unspecified mixed nut and strictly avoid these foods.
- The word **HAZELNUT** 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 hazelnut. Avoid any foods where ingredients are not known, 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 hazelnut or other nuts' or 'made in a factory that handles nuts'. This is used to state 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. It is important to always check the label, even if it is something you have been able to eat before.

## Contact details:

Nutrition and Dietetics Department: 0116 258 5400

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