

Avoiding pecans and walnuts when you are allergic to them

Nutrition & Dietetics Department

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Information for Patients

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Information for patients with walnut and pecan nut allergy

The advice in this leaflet is for all patients including children

Walnuts are a brown knobby nut. They have large round shells the size of a small apricot. They are usually used as walnut pieces. They are a common part of chopped nuts. They are often used as a decoration on foods for example, on cheeses, pâtés, in salads, or on cakes and desserts.

Pecans are smaller and sweeter than walnuts.

All foods containing walnut, pecan, walnut oil, or unspecified nut (such as chopped or mixed nuts) should be avoided.

Some people with walnut allergy may get a skin reaction to shampoo, skin creams or other toiletries that contain walnut extract. Walnut will be labelled as **Juglan regia** or **Juglans nigra** on the list of ingredients.

Reading food labels

It is important to check the ingredients labels for peanut or unspecified mixed nut and strictly avoid these foods. The word **WALNUT** or **PECAN** 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 walnut or pecan. Avoid any foods where ingredients are unknown such as at a cake sale or party food. They could have hidden nut.

Below the ingredients list, it may say 'may contain traces of walnut or pecans 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 so it is important to always check the label, even if it is something you have been able to eat before.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

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To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Common foods which contain walnut/pecan nut

Breakfast Cereals:	Savoury foods:
Country Crisp	Waldorf salad
Maple and pecan crisp	Salad dressing
	Tortellini pasta (some fillings)
Confectionery:	Specialist cheeses such as Rambol (nutty coating)
Chocolate walnuts / pecans	Nut cutlets
Walnut whips	Pickled walnuts
Crunchy maple and pecan cereal bars	Walnut oil
Pecan biscuits	Walnut bread
	Bombay mix / savoury mix / tropical fruit and nut mix
Cakes:	
Coffee and walnut cake	Ice cream:
Carrot cake with pecans	Ben and Jerry's: Chunky monkey, vanilla pecan blondie
Fruit cakes	Haagen-Dazs – pralines & cream
Gateaux and ice cream cakes (chopped nut topping)	
Brownies and flapjack	High Risk Situations:
Pecan pie	Pasta and Italian restaurants
Tart with pecan topping	Salads and salad dressing
Sticky toffee pudding	Cakes, gateaux, ice cream
Nakd bars	

Contact details

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