

Avoiding almonds when you are allergic to them

Nutrition & Dietetics Department

Information for Patients

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Information for patients with almond nut allergy

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

Almonds are a large flattened oval shaped nut (the size of a peardrop).

They are often ground to a fine powder (ground almond). They can be used

- in biscuits and cakes,
- as flakes for decoration (such as on cakes and gateaux),
- as a paste, for example, marzipan.

Almond may also be labelled as nougat, or added as almond essence.

All foods containing almond and unspecified nut (such as chopped or mixed nut) should be avoided.

Are there any other products which could cause a reaction?

Some people with almond allergy may develop a skin reaction to shampoos, skin creams and other toiletries that contain almond extract. Almond will be labelled as either:

- Prunus dulcis
- Prunus amara

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Common foods which contain almond

Breakfast cereals:	Biscuits/cake:
Country Crisp – nutty flavours	Bakewell tart
Alpen / Jordan's / Other muesli	Franzipan tart
Just Right	Fruit cake
Weetabix minis – fruit and nut	Christmas cake
Own brand fruit and fibre	Battenburg cake
	Cakes with marzipan icing
Savoury foods:	Gateaux
Korma Curry Sauce	Ice cream cakes
Many Indian Curry Dishes	Almond shortbread biscuits
Peshwari Naan Breads	Danish pastries, vanilla slice, apple strudel
Bombay Mix / Tropical Fruit and Nut mix	Gluten free mince pies
Nut cutlets	Gluten free brownies (made with almond
Vegan foods	flour)
Nakd bars	

Confectionary:	Others:
Nougat / Nougat sweets	Muesli breads
Cadbury fruit and nut chocolate	Almond oil
Daim bar	Cereal bars labelled as protein rich
Black Magic	
Lindt Swiss	High risk situations:
Thornton's chocolate selection	Indian restaurants / takeaways
	Bakeries / cookie shops / unlabelled cake
Puddings	Chocolate bars / unlabelled sweets
Crumbles, cheesecake base	Ice cream toppings
Crunchy / Crumble toppings	Salad dressings
Haagen-Dazs ice cream cones and other	Gluten / wheat free products
luxury ice cream	
Ben and Jerry's – Berry Revolutionary Sundae	
and all non-dairy flavours	
Magnum ice cream – almond varieties	
Vegan / non-dairy ice creams	

Reading food labels

- It is important to check the ingredients labels for peanut or unspecified mixed nut and strictly avoid these foods.
- The word **ALMOND** 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 almond and avoid any foods where ingredients are unknown such as at a cake sale or party food. They could contain hidden nuts.
- Below the ingredients list, it may say may 'contain traces of almond 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 talk to your doctor or dietitian.
- Recipes and ingredients lists often change so it is important to always check the label, even if it is something you have been able to eat before.

Contact details

Nutrition & Dietetics Department: 0116 258 5400

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