

# Avoiding Brazil nuts when you are allergic to them

Nutrition & Dietetics Department

Information for Patients

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## Information for patients with Brazil nut allergy

The advice in this leaflet is for all patients including children

Brazil nuts are a large, solid shaped nut (the size of a grape). They are an expensive nut. They are most often found in luxury goods, such as fancy chocolates, rich fruit cakes and treats for special occasions. They are also a frequent part of chopped nuts used for decoration.

All foods containing Brazil nuts, unspecified nut (such as chopped/mixed nuts) should be avoided.

Some people with Brazil nut allergy may develop a skin reaction to shampoo, skin creams or other toiletries that contain Brazil nut extract. Brazil nut will be labelled as **Bertholetia excelsa** 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 **BRAZIL NUT** 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 contains Brazil nut. 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 Brazil nut 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](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

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## Common foods which contain Brazil nuts

|   |   |
|---|---|
| <b>Breakfast cereals:</b>                                       | <b>Others:</b>  |
| Luxury muesli   | Oriental snacks   |
| Jordan's muesli   | Savoury mix   |
| Country Crisp – nut flavours                                    | Bombay mix  |
|   | Vegan / vegetarian dishes   |
| <b>Biscuit / Cakes / Desserts:</b>                              |   |
| Luxury fruit cake   | <b>High risk situations:</b>                                      |
| Chocolate Brazil nut cookies                                    | Chocolate boxes / unlabelled sweets                               |
| Gateaux and ice cream cakes                                     | Ice creams / gateaux (nut topping)                                |
| Special occasion cakes such as Luxury mince pies, Christmas log | Special occasion (such as Christmas/Easter) sweets and chocolates |
| Ice cream nut sundae, nut topping                               | Unlabelled cakes such as flapjacks and brownies                   |
|   | Salad dressings / toppings  |
| <b>Sweets and chocolate:</b>                                    |   |
| Chocolate Brazils   |   |
| Mixed toffee / fudge  |   |

## Contact details

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