

# 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.

You should avoid all foods containing Brazil nuts and unspecified nut (such as chopped/mixed nuts).

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 label. The word **BRAZIL NUT** will be written clearly in bold type or larger font in the ingredients list. You should avoid these foods. If a food has no label you must ask if it has Brazil nut in it. Avoid any foods where ingredients are unknown for example, at a cake sale or party food. They could contain hidden nuts.

Under 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 let you know that the food may 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. You can also talk to with your doctor or dietitian about this.

Recipes and ingredients in the food you already buy can change often. It is important to always check the label, even if it is something you have been able to eat before.

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## Common foods which contain Brazil nuts:

<b>Breakfast cereals:</b>	<ul style="list-style-type: none"> <li>Luxury muesli</li> <li>Jordan's muesli</li> <li>Country Crisp: nut flavours</li> </ul>
<b>Biscuit / cakes / desserts:</b>	<ul style="list-style-type: none"> <li>Luxury fruit cake</li> <li>Chocolate Brazil nut cookies</li> <li>Gateaux and ice cream cakes</li> <li>Special occasion cakes such as Luxury mince pies, Christmas log</li> <li>Ice cream nut sundae, nut topping</li> </ul>
<b>High risk situations:</b>	<ul style="list-style-type: none"> <li>Chocolate boxes / unlabelled sweets</li> <li>Ice creams / gateaux (nut topping)</li> <li>Special occasion (such as Christmas/Easter) sweets and chocolates</li> <li>Unlabelled cakes such as flapjacks and brownies</li> <li>Salad dressings / toppings</li> </ul>
<b>Sweets and chocolate:</b>	<ul style="list-style-type: none"> <li>Chocolate Brazils</li> <li>Mixed toffee / fudge</li> </ul>
<b>Others:</b>	<ul style="list-style-type: none"> <li>Oriental snacks</li> <li>Savoury mix</li> <li>Bombay mix</li> <li>Vegan / vegetarian dishes</li> </ul>

## Contact details

Nutrition and Dietetics Department on **0116 258 5400**

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