

# Avoiding cashew and pistachio nuts when you are allergic to them

Nutrition & Dietetics Department

Information for Patients

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## Information for patients with cashew nut or pistachio nut allergy

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

Cashew nuts are a small, white, kidney shaped nut (slightly larger than a peanut).

Pistachio nuts are smaller. They give a green colour when used in foods such as pistachio ice cream. The 2 nuts are closely related.

- Cashew nuts are most often used in savoury rather than sweet foods.
- Cashew nuts are widely used in Chinese and Thai cooking.
- Pesto sauce has cashew nut. Pasta and Italian foods should be checked carefully.
- If a food contains cashew or pistachio nut, the word **CASHEW** or **PISTACHIO** will be written in bold or large type in the ingredients list.

You should avoid all foods which have cashew or pistachio nut and unspecified nut (such as chopped mixed nut) .

Page 2 has a list of common foods which contain cashew (and pistachio) nut.

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 often contain cashew nut or pistachio nuts

|   |  |
|---|--|
| <b>Salads:</b>  | <b>Savoury snacks / cereal bars</b>  |
| <ul style="list-style-type: none"> <li>• Pasta salad</li> <li>• Pesto sauce dressing</li> <li>• Salad dressing</li> </ul>   | <ul style="list-style-type: none"> <li>• Mixed nut snacks such as Bombay mix, savoury mix, tropical fruit and nut mix</li> <li>• Honey roasted cashews / mixed nuts</li> <li>• High protein snacks</li> <li>• Naked bars, other cereal bars</li> </ul> |
| <b>Pasta dishes:</b>  | <b>Vegetarian foods:</b>   |
| <ul style="list-style-type: none"> <li>• Any pasta dish which may have pesto sauce</li> </ul>   | <ul style="list-style-type: none"> <li>• Nut cutlets</li> <li>• Spicy veggie burgers</li> <li>• Vegetarian curries and stir fries</li> </ul>   |
| <b>Ethnic foods:</b>  | <b>Ice cream and desserts</b>  |
| <ul style="list-style-type: none"> <li>• Chinese dishes for example chicken and cashew nut, chow mein</li> <li>• Many Chinese dishes may be contaminated</li> <li>• Thai food such as spring rolls, stir fries</li> <li>• Indian snacks such as, samosas</li> </ul> | <ul style="list-style-type: none"> <li>• Pistachio ice cream</li> <li>• Mixed nut topping</li> <li>• Frozen cream desserts</li> <li>• Vegan / non-dairy ice creams</li> <li>• Baklava</li> </ul>   |
| <b>Confectionary:</b>   |  |
| <ul style="list-style-type: none"> <li>• Dubai Chocolate</li> </ul>   |  |

## High risk situations:

- Chinese and Thai restaurants and takeaways
- Pasta dishes and Italian restaurants (pesto)
- Savoury snacks and cereal bars
- Salad bars
- Ice-cream counters
- Dubai chocolate

## Reading food labels

- The word **CASHEW** or **PISTACHIO** 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 whether it has cashew or pistachio. Avoid any foods where ingredients are unknown for example at a cake sale or party food. They could contain hidden nuts.
- Below the ingredients list, it may say '**may contain traces of cashew or pistachio 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.

## Contact details:

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

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