

Avoiding hazelnuts when you are allergic to them

Nutrition & Dietetics Department

Information for Patients

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Information for patients with hazelnut allergy

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

Hazelnuts are small round nuts (the size of a large pea). They are sometimes known as Filberts or Cob nuts. They may also be labelled as praline. This is a hazelnut paste most often used in fancy chocolates and desserts. If a food has hazelnut, the word hazelnut will be in bold or large type in the ingredients.

You should avoid all food which has hazelnut and unspecified nut (such as chopped or mixed nuts).

Some people with hazelnut allergy may get a skin reaction to shampoos, skin creams and other toiletries that contain hazelnut extract.

Hazelnut will be labelled on the ingredients list as:

- **Corylus rostrata**
- **Corylus Americana**
- **Corylus Avellana**

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Common foods which contain hazelnut

Breakfast cereals:	Cakes:
<ul style="list-style-type: none"> • Jordan's / Alpen / other muesli • Jordan's Country Crisp – nut flavours • Honey nut shredded wheat • Fruit and fibre • Weetabix minis – fruit and nut • Kellogg's Krave • Chocolate hazelnut cereals 	<ul style="list-style-type: none"> • Gateaux with chopped nuts • Pavlovas • Danish pastries • Muesli bread / cakes • Frozen / fresh roulades
Biscuits:	Desserts:
<ul style="list-style-type: none"> • Choc chip and nut cookies • Grisbi biscuits • Cereal bars 	<ul style="list-style-type: none"> • Chocolate nut ice cream • Praline ice cream • Hazelnut yoghurts • Cornetto • Ice cream van (chopped nuts) • Crumbles / biscuit bases / toppings • Hazelnut meringues • Ben and Jerry's – Hazel-nuttin but chocolate • Dairy free desserts
Pastries:	
<ul style="list-style-type: none"> • Chocolate croissants • Prepacked chocolate pancakes 	
Sweets and chocolate:	Others:
<ul style="list-style-type: none"> • Kinder Bueno • Roses • Black Magic • Praline chocolates • Ferrero Rocher • Milk Tray • Snickers Hazelnut • Thornton's chocolate selections • Lindt Swiss • Galaxy vegan chocolate 	<ul style="list-style-type: none"> • Nutella chocolate spread / own brand • Savoury mix • Some cheap milk chocolate bars, chips and cooking chocolate • Chocolate bars labelled as whole nut • Cereal bars labelled as protein rich
Savoury foods:	High risk situations:
<ul style="list-style-type: none"> • Nut cutlets • Vegetarian pâté • Luxury stuffing mixes • Tortellini stuffing • Vegan foods 	<ul style="list-style-type: none"> • Bakery shops • Cookie shops • Chocolate boxes • Ice cream counters • Cereals and cereal bars • Biscuit toppings

Reading food labels

- It is important to check all ingredients labels.
- The word **HAZELNUT** will be written clearly in bold type or larger font in the ingredients list. You should strictly avoid these foods.
- If a food has no label you must ask if it has hazelnut in it. Avoid any foods where ingredients are not known, 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 hazelnut 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. 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 **0116 258 5400**.

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