

Avoiding pecans and walnuts when you are allergic to them

Nutrition & Dietetics Department

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Information for Patients

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Information for patients with walnut and pecan nut allergy

The advice in this leaflet is for all patients including children

Walnuts are a brown knobby nut. They have large round shells the size of a small apricot. They are usually used as walnut pieces. They are a common part of chopped nuts. They are often used as a decoration on foods for example, on cheeses, pâtés, in salads, or on cakes and desserts.

Pecans are smaller and sweeter than walnuts.

You should avoid all foods containing walnut, pecan, walnut oil, and unspecified nut (such as chopped or mixed nuts).

Some people with walnut allergy may get a skin reaction to shampoo, skin creams or other toiletries that contain walnut extract. Walnut will be labelled as **Juglan regia** or **Juglans nigra** on the list of ingredients.

Reading food labels

It is important to check the ingredients labels. The word **WALNUT** or **PECAN** 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 walnut or pecan. Avoid any foods where ingredients are unknown such as at a cake sale or party food. They could have hidden nut.

Under the ingredients list, it may say 'may contain traces of walnut or pecans 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 symptoms. You can also talk to with your doctor or dietitian about this.

Recipes and ingredients lists 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.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

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To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

Common foods which contain walnut/pecan nut

Breakfast Cereals:	Savoury foods:
<ul style="list-style-type: none"> Country Crisp Maple and pecan crisp 	<ul style="list-style-type: none"> Waldorf salad Salad dressing Tortellini pasta (some fillings) Specialist cheeses such as Rambol (nutty coating) Nut cutlets Pickled walnuts Walnut oil Walnut bread Bombay mix / savoury mix / tropical fruit and nut mix
Confectionery:	
<ul style="list-style-type: none"> Chocolate walnuts / pecans Walnut whips Crunchy maple and pecan cereal bars Pecan biscuits 	
Cakes:	Ice cream:
<ul style="list-style-type: none"> Coffee and walnut cake Carrot cake with pecans Fruit cakes Gateaux and ice cream cakes (chopped nut topping) Brownies and flapjack Pecan pie Tart with pecan topping Sticky toffee pudding Nakd bars 	<ul style="list-style-type: none"> Ben and Jerry's: Chunky monkey, vanilla pecan blondie Haagen-Dazs pralines & cream
	High Risk Situations:
	<ul style="list-style-type: none"> Pasta and Italian restaurants Salads and salad dressing Cakes, gateaux, ice cream

Contact details

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

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