

Avoiding almonds when you are allergic to them

Nutrition & Dietetics Department

Information for Patients

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Information for patients with almond nut allergy

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

Almonds are a large flattened oval shaped nut (the size of a peardrop).

They are often ground to a fine powder (ground almond). They can be used:

- in biscuits and cakes,
- as flakes for decoration (such as on cakes and gateaux),
- as a paste, for example, marzipan.

Almond may also be labelled as nougat, or added as almond essence.

You should avoid all foods containing almond and unspecified nut (such as chopped or mixed nut).

Are there any other products which could cause a reaction?

Some people with almond allergy may develop a skin reaction to shampoos, skin creams and other toiletries that contain almond extract. Almond will be labelled as either:

- **Prunus dulcis**
- **Prunus amara**

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

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Common foods which contain almond

Breakfast cereals:	Biscuits/cake:
<ul style="list-style-type: none"> • Country Crisp: nutty flavours • Alpen / Jordan's / Other muesli • Just Right • Weetabix minis: fruit and nut • Own brand fruit and fibre 	<ul style="list-style-type: none"> • Bakewell tart • Franzipan tart • Fruit cake • Christmas cake • Battenburg cake • Cakes with marzipan icing • Gateaux • Ice cream cakes • Almond shortbread biscuits • Danish pastries, vanilla slice, apple strudel • Almond croissants • Gluten free mince pies • Gluten free brownies (made with almond flour)
Savoury foods:	
<ul style="list-style-type: none"> • Korma Curry Sauce • Many Indian Curry Dishes • Peshwari Naan Breads • Bombay Mix / Tropical Fruit and Nut mix • Nut cutlets • Vegan foods • Nakd bars 	

Confectionary:	Others:
<ul style="list-style-type: none"> • Nougat / Nougat sweets • Cadbury fruit and nut chocolate • Daim bar • Black Magic • Lindt Swiss • Thornton's chocolate selection 	<ul style="list-style-type: none"> • Muesli breads • Almond oil • Cereal bars labelled as protein rich
Puddings	High risk situations:
<ul style="list-style-type: none"> • Crumbles, cheesecake base • Crunchy / Crumble toppings • Haagen-Dazs ice cream cones and other luxury ice cream • Ben and Jerry's: Berry Revolutionary Sundae and all non-dairy flavours • Magnum ice cream: almond varieties • Vegan / non-dairy ice creams 	<ul style="list-style-type: none"> • Indian restaurants / takeaways • Bakeries / cookie shops / unlabelled cake • Chocolate bars / unlabelled sweets • Ice cream toppings • Salad dressings • Gluten / wheat free products

Reading food labels

- It is important to check the ingredients labels.
- The word **ALMOND** 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 whether it has almond and avoid any foods where ingredients are unknown such as at a cake sale or party food. They could contain hidden nuts.
- Under the ingredients list, it may say '**may contain traces of almond 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 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.

Contact details

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

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