



Nut-Free Guide

Always read advisory labels before consumption

The Food Allergy Labeling and Consumer Protection Act of 2004 mandates that manufacturers in the USA include the presence of any of the eight most common hypersensitive food antigens, including nuts, in the food label. However, manufacturers may occasionally change their recipes or use different ingredients for varieties of the same product; thus, reading the label before every consumption may be helpful to avoid accidental consumptions. It is advised to avoid any products that do not have an ingredient list.

Some unexpected sources of nuts

Baking mixes, cereals, crackers, barbecue and pesto sauces, dressings and gravies, flavored coffees, frozen desserts, natural flavorings and extracts, e.g., pure almond extract, salads, snack foods, some alcoholic beverages, tree nut oils, lotions, hair care products, and soaps.