

## Nut-Free Snacks – Information Sheet

Nuts are used in many foods, including some you'd least expect, like chili. Other foods to avoid include:

- Ice cream
- Food in bulk food bins
- Chocolate/candy
- Granola bars
- Sunflower seeds
- Pre-packaged cheese and cracker sandwiches
- Certain sauces and condiments, such as barbecue sauce, bouillon and Worcestershire sauce
- Asian foods (e.g., satay, pad thai, egg rolls)
- Pesto (an Italian sauce made with nuts)
- Marzipan (a paste made from ground almonds and sugar)
- Madelonas (peanuts soaked in almond flavoring)
- Health food bars
- All cakes and pastries with unknown ingredients, particularly carrot cake, pumpkin cake or pie, and fruit and nut rolls
- Praline & nougat
- Artificial nuts (they could be peanuts that have been deflavored and re-flavored with a nut flavoring, such as pecan or walnut)
- Muesli and fruited breakfast cereals
- Baking mixes
- Certain vegetarian dishes
- Prepared salads and salad dressings

**Please read labels and avoid foods that contain any of these ingredients:**

Peanuts ♦ Peanut butter ♦ Peanut oil ♦ Mixed nuts

Peanut flour ♦ Beer nuts ♦ Arachis oil ♦ Artificial nuts

### **SUGGESTIONS FOR PEANUT/TREE NUT FREE SNACKS**

Shopping for snacks that are safe can be time consuming due to the fact that many foods are cross-contaminated with peanuts/tree nuts. Some brands list the allergy information below the ingredients and make it easy to see (states "item contains peanuts" or "made in a plant that processes peanut products") while other products list the items in the ingredient area, not bolded, and must be read word-for-word (like Pepperidge Farms). FYI – filbert is a nut.

To make shopping easier, here are some nut-free (safe) snack ideas:

- ✓ Goldfish (original, cheese, pretzel)
- ✓ Cheez-its
- ✓ Honey Maid Graham Cracker Sticks (original, cinnamon, chocolate)
- ✓ Dora the Explorer Graham Crackers
- ✓ Teddy Grahams
- ✓ Ritz Crackers (Ritz Bits are NOT SAFE)
- ✓ Triscuits
- ✓ Wheat Thins
- ✓ Smart Food (cheese popcorn)
- ✓ Pirate's Booty/Veggie Booty

*Remember: Healthy fruits and raw vegetables make the best snacks!*