

Peanut & Tree Nut-Free Meals & Snacks

People with a peanut allergy need to eat peanut-free foods, and people with a tree nut allergy need to eat tree nut-free foods. Tree nuts include:

- almonds
- Brazil nuts
- cashews
- hazelnuts
- macadamia nuts
- pecans
- pine nuts
- pistachios
- walnuts

Common foods to avoid include peanuts, tree nuts, peanut and nut butters, nut meats, and nut oils.

Community centres, schools, or child care centres may ask that people bring foods that are free of peanuts, tree nuts, or both.

Read food labels

Read the list of ingredients, the “Contains”, and the “May contain” sections on the food label.

Do this every time you buy a product because the ingredients may change.

Check the ingredients even if there is a nut-free symbol. Avoid foods if they list the nut(s) you are trying to avoid.

Ingredients: Whole grain oats, Sugar, Canola oil, **Almonds**, Salt, Natural flavour.

Contains: Almonds

Other ingredients to avoid:

Tree nuts: anacardium nuts (cashew nuts), filberts (hazelnuts), pignons, Queensland nuts (macadamia nuts).

Peanuts: arachis oil, beer nuts, goober nuts, goober peas, kernels, mandelonas, nu-nuts™, Valencias.

What is cross-contamination?

When peanuts or tree nuts contact hands, other food, kitchen tools, or surfaces used to prepare food, that item becomes contaminated with nuts. Avoid using foods, utensils, or equipment that have touched peanuts or tree nuts when making food. Wash hands after working with nuts.

What can I use instead of peanut and tree nut butters?

Try soy, chickpea, or sunflower seed butter, hummus or bean spreads, or quark cheese.

Meal ideas



Chicken or tuna wrap, celery sticks, banana, and milk



Tofu stir-fry* with rice, pear slices with yogurt dip, and water



Bison stew, bannock, applesauce, and milk



Congee with pork, bok choy, an apple, and water

*Avoid nut oils. Store-bought sauces may contain peanuts or tree nuts.

Snack ideas

Yogurt mixed with fruit



Hummus and whole grain flat bread (pita, naan, roti)



Fruit cup and cottage cheese



Cut-up vegetables with dip



Bagel with sunflower seed or soy butter



Hard-boiled egg and cucumber slices



Cheese and whole grain crackers



Vegetable and chickpea samosas



Homemade trail mix (cereal, seeds, dry roasted soybeans, dried fruit, pretzels, etc.)



Whole grain pitas stuffed with cheese and tomatoes



Kefir and banana smoothie



Popcorn sprinkled with Parmesan cheese



Oatmeal muffin and blueberries



Peanut and tree nut-free cereal bar or protein bar



Choking hazards: Some foods can cause choking in children under 4 years old. Don't give foods like whole sunflower seeds and popcorn to children under 4 years old. Hard raw vegetables can be grated, cut into small pieces, or cooked to make them safe.

For more information



- **Talk to your healthcare team.**
- Call Health Link at 811 and ask to talk to a dietitian or complete a [self-referral form](#) on ahs.ca/811.

- Visit [ahs.ca/nutrition](https://www.ahs.ca/nutrition).
- For kitchen tips, recipes and resources, visit [foodallergycanada.ca](https://www.foodallergycanada.ca) and search "peanuts, tree nuts, or living with food allergy"

