Tree Nut Allergies

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**Tree nuts are commonly found in:**

* Baked goods: cakes, cereal bars, cookies, doughnuts, energy/granola bars, muffins, pastries
* Baking mixes, cereals, crackers, muesli
* Trail mixes
* Salad dressing, gravies, nut oils
* Ice cream, frozen desserts, frozen yogurt, sundae toppings, chocolate
* Sauces: Barbecue pesto, Worcestershire
* Salads: Waldorf salad, curried chicken salad
* Spreads: nut butter, almond paste (marzipan), cheese, chocolate nut, nougat, Nutella, Nu – Nuts
* Nut flavored coffee, liqueurs and creamers
* Natural flavorings and extracts
* Ethnic foods: Thai, Chinese, Vietnamese, Japanese, Indian