

TREE NUT ALLERGIES: AN OVERVIEW



TREE NUT ALLERGIES AFFECT
ABOUT 1 IN EVERY 100 PEOPLE



TREE NUT ALLERGIES SHOULD NOT BE
CONFUSED WITH PEANUT ALLERGIES



ONLY ABOUT 9 PERCENT OF CHILDREN ABLE
TO OUTGROW THEIR TREE NUT ALLERGY



COMMON TYPES OF TREE NUTS INCLUDE



Hazel Nuts



Chestnuts



Pistachios



Walnuts



Brazil Nuts



Almonds



Macadamia
Nuts



Pecans



Cashews

Common food
items where tree
nuts are found:

Cereals

Flavored coffee

Granola

Crackers

Chocolates

Ice cream

Pesto sauce

Lotions and soaps
(tree nut oils)



<http://www.mykidsfoodallergies.com/tree-nut-allergies-overview/>