

Children's Dietitians

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Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment please speak to a member of staff or contact the Patient Advice and Liaison Service (PALS):

Freephone (City Hospital Campus): 0800 052 1195

Freephone (QMC Campus): 0800 183 0204

From a mobile or abroad: 0115 924 9924 ext 65412 or 62301



Minicom: 0800 183 0204

E-mail: pals@nuh.nhs.uk

Letter: NUH NHS Trust, c/o PALS, Freepost NEA 14614,
Nottingham NG7 1BR

www.nuh.nhs.uk

If you require a full list of references for this leaflet please email patientinformation@nuh.nhs.uk or phone 0115 924 9924 ext. 67754.

The Trust endeavours to ensure that the information given here is accurate and impartial.

Nut Allergy Information Sheet

Information For
children and their families

Department of
Dietetics and Nutrition

This document can be provided in different languages and formats. For more information please contact:

Nottingham Children's Hospital
Queen's Medical Centre Campus
D Floor, East Block

Children's Dietitian:

Contact number: (0115) 924 9924 Ext:

Additional support

Debra Forster
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Notes:

Acknowledgements

Nottingham Children's Dietetic Department would like to acknowledge the information from FAISG (Food allergy and intolerance specialist interest group of the BDA)

Useful Websites

www.allergyuk.org

A charity organisation providing information for people with allergies. Tel:01322 619 898

www.nhs.uk/conditions/food-allergy

NHS allergy and intolerance advice.

www.kidswithfoodallergies.org

American food allergy support and recipes for parents.

www.epipen.co.uk www.jext.co.uk

Visit these websites to access a free demonstration pen.

Nut free products*

The following companies have dedicated nut free production lines and factories.

- **www.kinnerton.com : chocolates**
- **www.bakinboys.co.uk: cakes and flapjacks**
- **www.itsnutfree.com: cereals cakes chocolates snacks.**
- **www.plamil.co.uk: chocolates and chocolate spreads.**

* Product information is correct at time of print but may change so double check.

Allergy Alerts

You can get allergy alerts from the Food Standards Agency website or when you subscribe to a free email or SMS text message alert system.

To subscribe go to:

www.food.gov.uk/safeeating/allergyintol/alerts

Nut Allergy - Information Sheet

Nut allergy introduction	4
Pregnancy and breastfeeding	4
Symptoms of nut allergy	5
Nuts to avoid	6
Foods that can contain nuts	7 - 8
Other food items to take care with	9
Nut oils	10
Medication and topical creams	10
Food labelling	10
Cross contamination	11
Eating out	11
Nut allergy and travel	12
Nurseries and schools	12
Useful contact information	13 - 15
- Useful addresses	13
- Useful websites	14
- Allergy alerts	14
- Additional support	15
Notes	15

Nut Allergy - Introduction

You have been advised that your child is allergic to nuts. This information is designed to help you to avoid eating nuts.

Nuts are edible seeds contained in a hard shell. If you think your child may be allergic to any other seeds, for example sesame seeds, ask your doctor if you need to avoid these.

Most children will have their nut allergy for life. However about 1 in 5 of peanut allergic children will grow out of the allergy compared to 1 in 10 with a tree nut allergy.

Children who are allergic to one type of nut or peanut are more likely to be allergic or become allergic to other nuts. Children often cannot tell different nuts apart and there is a risk of nuts being contaminated by other nuts during food preparation and manufacturing. Therefore to minimise risk we recommend that **all** tree nuts and peanuts are avoided unless you have been tested and advised by your doctor which nut may be eaten safely.

Pregnancy & Breast feeding

There is no clear evidence that eating or not eating nuts during pregnancy or breastfeeding has any effect on the chances of a child developing a nut allergy. If mothers wish to eat nuts when pregnant or breastfeeding they can do so unless they are allergic to them or they have been advised by a health professional to avoid nuts.

Useful contact information

Useful addresses

The Anaphylaxis campaign provides information about potentially fatal allergies to food, particularly nuts.

The Anaphylaxis Campaign

PO Box 275
Farnborough
Hampshire, GU14 6SX
Tel: 01252 542029
Fax: 01252 377140
E-mail: info@anaphylaxis.org.uk
Website: www.anaphylaxis.org.uk

If you have a food or other severe allergy it is advisable to obtain a Medic Alert bracelet or pendant. Wrist sports like bands are also available. There is a cost of approximately £20 for these.

Medic Alert

1 Bridge Wharf
156 Caledonian Road
London, N1 9UU
Tel: 020 7833 304
Website: www.medicalert.org.uk

The British Allergy Foundation

Deepdene House
30 Bellgrave Road
Welling
Kent
DA16 3BY
Tel: 0181 303 8525

Allergy Helpline: 0891 576 500

Nut allergy and travel

It is advisable to be prepared for holidays and travel. Those children who have been advised to carry an adrenaline autoinjector should carry it in hand luggage on a plane and the airline should be informed prior to travel.

Translation cards are available from the autoinjector websites and the British Allergy foundation. Phrases can also be translated from Google translation.



Finally

Avoid eating nuts where possible and if you are unsure about a certain food then avoid it.

Inform your family, friends, school teachers or work colleagues about your child's allergy so that they can help your child to avoid nuts and know how to help in an emergency.

Nurseries and schools

If your child has a nut allergy you must inform the school or nursery. Any prescribed antihistamines or autoinjector must be available at school.

Contact the school nurse (children's nurse attached to health visiting team for nurseries) to arrange allergy training for the school or nursery. If you have any problems, please contact Debra Forster (contact detail page 14).

If the child stays at school for meals appropriate choices need to be discussed with the cook supervisor.

Symptoms of nut allergy

Mild symptoms may include:

- Skin /mouth itch
- Redness/hives/nettle rash (urticaria) often around the mouth
- Swelling of lips, face, ears
- Nausea/vomiting
- Hoarse voice/cough

Mild reactions are treated with antihistamines.

Severe symptoms (anaphylaxis) may include:

- Severe difficulty breathing/swallowing
- Floppiness
- Collapse
- Pale, loss of colour
- Loss of consciousness
- Abdominal pain/diarrhoea

The treatment of anaphylactic shock is the administration of adrenalin in the form of an autoinjector, either an Epipen, Jext or Anapen.

If you have been told you need an Epipen, Jext or Anapen in clinic today you should have been shown how to use it. If you have not been shown how to use it, please contact Debra Forster (details on page 15).

If you use an Epipen, Jext or Anapen you **MUST** always call an ambulance.

Nuts to avoid

Peanuts

- Arachis hypogaea
- Beer nuts
- Cacahuete
- Chinese nuts
- Earthnuts
- Groundnuts
- Goober nut/pea
- Mandelonas
- Monkey nuts

Tree Nuts

- Almond
- Brazil
- Cashew
- Hazelnut (cob nuts / filbert)
- Macadamia (Queensland / bush nut)
- Pecan (Hickory nut)
- Pistachio
- Walnut



Cross contamination

This is a risk for people with nut allergy. It occurs when a nut free food accidentally comes into contact with nut protein during storage, manufacturing or food preparation. Tiny amounts of nut can cause an allergic reaction if eaten. Skin contact with a contaminated item may cause a local skin irritation but will not cause a severe (anaphylactic) reaction.

Eating out

Traces of nut oils may be used in many restaurant dishes without being declared on the menu e.g. ground peanuts used in pastry or cashew nuts in Chinese dishes.



It is advisable to contact a restaurant before you attend to explain that you suffer a serious reaction after eating nuts so that they can provide you with a suitable choice of menu.

Many airlines will provide nut-free in-flight meals if you contact them in advance.

Take-away meals such as Indian, Thai or Chinese often contain nuts in sauces and rice dishes. It is probably best to avoid such take-away's as it is very difficult to guarantee that they will not be contaminated with nut.

Nut oils

Refined peanut oil has the protein removed (this is the part that causes allergic reactions) therefore it is highly unlikely to cause a reaction. If it does it is likely to be mild.

Your child should avoid unrefined crude or cold pressed peanut oil as they contain traces of peanut protein.

Vegetable oil sold in the UK must state if it contains peanut oil. Therefore vegetable oil is safe **unless** peanut or tree nut oil is listed in the ingredients.

Medication and topical creams

Some vitamin supplements may contain small amounts of peanut oil. It is important that you check any products with the chemist or manufacturer before your child uses them.

Recent research suggests that creams and other products containing Arachis (peanut) oil applied to broken or inflamed skin may increase a child's risk of developing peanut allergy. Therefore it is recommended infants and children with eczema or family history of allergies avoids skin products with nut oils.

Food Labelling

Many manufacturers are aware of food allergies and have provided helpful labelling stating 'nut free'.

Always check the food label

Allergen laws will be changing in December 2014 to ensure allergens are emphasised and in the one place. More information on this can be found at:

www.food.gov.uk/policy-advice

Foods that can contain nuts

Nuts are a good source of protein, fibre, energy and micro nutrients, however a diet avoiding all nuts does not prevent you having a good mixed diet.

The following is a list of types of food which may contain some form of nut. Please note that this list is only a guide and individuals need to be vigilant to check food labels and product information.

The safest approach is to avoid all foods with the "may contain" nut warning.

Dairy Products

- Nut flavoured ice-creams and milk shakes
- Yoghurts containing nuts/muesli
- Sundae toppings
- Cheeses containing nuts or have been rolled in nuts



Biscuits and Cakes

- Nut cookies
- Cereal bars
- Macaroons
- Coconut biscuits
- Coconut tarts
- Muesli biscuits
- Bakewell tarts
- Battenburg cake
- Fruit and nut cakes
- Rich fruit cakes
- Some types of malt loaf
- Cakes containing marzipan

Cereals

- Cereals coated with nuts

Confectionary

- Chocolate containing nuts either as a bar or as part of an assortment box



Ready Made Meals (particularly Vegetarian)

Ready meals often contain unrefined nut oils or peanut flour as thickener, particularly in the following cuisines:

- African dishes
- Indonesian
- Chinese
- Middle Eastern
- Indian
- Thai

Always check the labels on all ready made meals

Miscellaneous

- Marzipan
- Chocolate and nut spread
- Nuts and raisins
- Peanut flour
- Bombay mix
- Crushed ground nuts
- Stuffing mix
- Forcemeat
- Pesto
- Satay sauce or Satay sticks
- Salads containing nuts such as a Waldorf salad

Other food items to take care with

Chestnut, water chestnut, coconut, palm nuts, nutmeg and butternut squash:

Despite all containing the word “nut” none are related to peanut or tree nuts. Therefore they should not be avoided unless they are known to cause a problem.

Shea nut:

Shea nut butter is mostly used in moisturising creams toiletries and cosmetics and is occasionally found in chocolates. Because shea nut is distantly related to some tree nuts it is best avoided, especially by those with eczema.

Sesame seeds and pine nuts:

These seeds share some similar allergens to peanut and tree nuts. A small number of people with a nut allergy may react to sesame oil and seeds found in: tahini, hummus, falafel, Chinese and Japanese food, burger buns, rice cakes, crackers, bread sticks, crisps, speciality breads, cakes and biscuits.

Pine Nuts:

Pine nuts can be found in ready made salads pizza pesto. If your child has never eaten sesame or pine nut they should avoid these foods until they have been allergy tested. If the test is positive then they should have a food challenge to confirm they are truly allergic. Those who are already eating and tolerating foods that contain sesame and pine nut should continue to do so.

Legumes:

Peanuts belong to the legume family which includes peas beans lentils and soya. Care should be taken when new legumes are introduced into the diet but only should be avoided if they are known to cause a problem.