



Turning Pointe Autism Foundation Nut and Allergen Resource List

TPAF is a peanut and nut free facility, please refer to the list below for reference.

Avoid foods that contain tree nuts or any of these ingredients:

- Almond
- Artificial nuts
- Beechnut
- Black walnut hull extract (flavoring)
- Brazil nut
- Butternut
- Cashew
- Chestnut
- Chinquapin nut
- Coconut
- Filbert/hazelnut
- Gianduja (a chocolate-nut mixture)
- Ginkgo nut
- Hickory nut
- Litchi/lychee/lychee nut
- Macadamia nut
- Marzipan/almond paste
- Nangai nut
- Natural nut extract (e.g., almond, walnut—although artificial extracts are generally safe)
- Nut butters (e.g., cashew butter)
- Nut distillates/alcoholic extracts
- Nut meal
- Nut meat
- Nut milk (e.g., almond milk, cashew milk)
- Nut oils (e.g., walnut oil, almond oil)
- Nut paste (e.g., almond paste)
- Nut pieces
- Pecan
- Pesto
- Pili nut
- Pine nut (also referred to as Indian, pignoli, pigñolia, pignon, piñon and pinyon nut)
- Pistachio
- Praline
- Shea nut
- Walnut
- Walnut hull extract (flavoring)

Tree nut proteins can be found in some surprising places, such as cereals, crackers, cookies, candy, chocolates, energy bars, flavored coffee, frozen desserts, marinades, barbeque sauces and some cold cuts, such as mortadella. Tree nut oils, such as walnut and almond, are sometimes used in **lotions, hair care products and soaps**.

Avoid foods that contain peanuts or any of these ingredients:

- Arachis oil (another name for peanut oil)
- Artificial nuts
- Beer nuts
- Cold-pressed, expelled or extruded peanut oil*
- Goobers
- Ground nuts
- Lupin (or lupine)—which is becoming a common flour substitute in gluten-free food. A study showed a strong possibility of cross-reaction between peanuts and this legume, unlike other legumes.
- Mandelonas (peanuts soaked in almond flavoring)
- Mixed nuts
- Monkey nuts
- Nut meat
- Nut pieces
- Peanut butter
- Peanut flour
- Peanut protein hydrolysate

In October 2006, the FDA began identifying **coconut as a tree nut**. As a result, we are discouraging students and staff from consuming or using anything containing coconut.

Peanut proteins can also be found in some surprising places, such as African, Asian (especially Chinese, Indian, Indonesian, Thai and Vietnamese), and Mexican restaurant food—even if you order a peanut-free dish, there is high risk of cross-contact. Also, sauces such as chili sauce, hot sauce, pesto, gravy, mole sauce and salad dressing and vegetarian food products, especially those advertised as meat substitutes contain peanut proteins.

Remember to read food labels and ask questions about ingredients before eating a food that you have not prepared yourself.