

Nut Allergies

Fact Sheet



Peanuts*

Facts:

- **Most common** food allergy in children under age 18 and the **third-most** common food allergy in adults
- **20%** of children with peanut allergy outgrow it over time
- **NOT** the same as **tree nuts** (such as almonds, cashews, pistachios, walnuts, pecans and more), which grow on trees
- **40%** of children with **tree nut allergies** have an allergy to **peanut**

Tree Nuts*

Facts:

- Among the **most common** food allergies in both children and adults
- **Six** tree nut allergies **most** commonly reported by children and adults are **walnut, almond, hazelnut, pecan, cashew, and pistachio**
- **50%** of children that are allergic to **one** tree nut are allergic to **another** tree nut
- **Two-thirds** of people reactive to **cashew or walnut** will react to **pistachio or pecan**

Allergic Reactions Symptoms*



Hives, redness, itchiness



Pale or blueish skin, faintness, weak pulse, dizziness



Tight or hoarse throat, trouble breathing or swallowing



Itchy or runny nose, sneezing



Nausea, vomiting, diarrhea



Shortness of breath, wheezing, repetitive cough



Swelling of the tongue or lips, itchy mouth



Feeling something bad is about to happen, anxiety, confusion

Menu Recommendations

- Have the wording "**CONTAINS NUTS**" next to the menu item
- Add a **food allergen reminder** to your menu encouraging customers to **notify** wait staff
- Put all food products **containing nuts** in its **own** section
- Add a **nut icon** next to the name of the food product**

**Example of nut allergy icon



Additional resources:

- nj.gov/health/ceohs/phfpp
- foodallergy.org
- njrha.org

* Source: Food Allergy Research & Education;

- foodallergy.org/living-food-allergies/food-allergy-essentials/common-allergens
- foodallergy.org/resources/recognizing-and-responding-reaction