



## **Tree Nut/Peanut Allergy**

Dining Services at Pennsylvania College of Technology is happy to assist those individuals who need to avoid tree nuts and/or peanuts due to an allergy to either of these. A manager at each of our dining units is available to answer any questions you may have. Our Recipe/Ingredient Guide is also available on line at [www.pct.edu/dining/ingredients](http://www.pct.edu/dining/ingredients), to assist you by listing the ingredients in our recipes. You may search for foods by name, category they are in (for example, soups, desserts, salads, etc.), the ingredient they contain, or any combination of these.

It is possible formulations change from our manufacturers, so if you are in doubt about a food, please do not hesitate to ask a manager.

Our department also offers nutrition counseling with a Registered Dietitian by appointment. If you would like to set up an appointment with the campus dietitian, Sharon Berger, RD LDN, please call (570) 327-4767 option 8.

If you have a medical condition linked with a food allergy or intolerance, it is recommended you set up an appointment with Student Health Services at (570) 327-7224.

Below are some helpful guidelines to keep in mind about avoiding tree nuts and/or peanuts:

### **For Tree Nuts:**

- Tree nuts are nuts that grow on trees. These include: almonds, Brazil nuts, cashews, chestnuts, filberts, hazelnuts, hickory nuts, macadamia nuts, pecans, pine nuts, pistachios, and walnuts.
- When nuts are processed, there is a risk of cross contamination. Individuals are often advised to avoid all tree nuts and all products with nuts even if they are only allergic to a particular tree nut.
- Imitation or artificial flavored extracts are better choices than pure extracts. Be sure to check a label to make sure there are no true extracts in an imitation or artificial flavored extract.
- Artificial nuts can be a peanut which has been de-flavored and re-flavored with a tree nut.
- Tree nuts can be found in a wide range of foods, including come ice cream, salad dressings, crackers, cereal, and barbecue sauces.

The following is a list of foods/ingredients (keep in mind this is not a complete list) to avoid with a tree nut allergy:

Almonds	Nougat
Artificial nuts	Nut butters (almond butter, cashew butter)
Brazil nuts	Nut oil
Cashews	Nut paste (almond paste)
Chestnuts	Nut extracts (almond extract)
Filberts	Pecans
Hazelnuts	Pine nuts
Hickory nuts	Pistachios
Macadamia nuts	Walnuts
Marzipan/almond paste	

### **For Peanuts:**

- Peanuts are among the most serious, and potentially fatal, food allergies.
- Peanuts are different from tree nuts.
- Peanuts are considered legumes (as they are neither a nut nor a pea) and grow in the ground.
- Some people can have an allergic reaction to peanuts by inhaling their smell.
- Baked goods, ethnic foods, and candy can be contaminated with peanuts if products prepared with peanuts are prepared in the same area or by the same manufacturer.
- Arachis oil is another name for peanut oil.
- Some pastries, desserts, and muffins may contain nuts. When in doubt, please ask a manager to check.
- \*\*\*Butterscotch chips contain nuts. Avoid the butterscotch blondies on campus for this reason.
- All JUMP Asian products are sautéed with peanut oil.
- Individual packets of peanut butter are available in the dining units. To avoid cross-contamination, individual jelly packets are available in the Susquehanna Room and can be obtained by asking a manager at the Campus Center.
- If a food containing nuts is located near another food without nuts (for example, peanut butter cake located near sugar cookies), please ask a manager if the food without nuts can be obtained from the kitchen.

The following is a list of foods/ingredients (keep in mind this is not a complete list) to avoid with a tree nut allergy:

Arachis oil (another word for peanut oil)

Artificial nuts

Cold-pressed or expressed peanut oil

Ground nuts, ground nut oil

Hydrolyzed plant protein and hydrolyzed vegetable protein may contain peanuts

Imitation walnuts or almonds

Mixed nuts

Nut butters, mixed nut butters

Nut extracts

Nut flavorings

Peanuts, peanut butter, peanut flour, peanut butter chips, peanut extract, peanut flavoring, peanut oil, peanut syrup

Satay sauce

*Food manufacturers may change their product ingredients without Pennsylvania College of Technology's knowledge. The College will assume no liability for any adverse reactions that may occur in any of the dining units.*