

# the alex

## Dietary advice for selective nut eating

We have identified that your child can eat selected nuts, whilst still being allergic to other nuts. This leaflet is a practical guide to ensure that you take appropriate safety measures when feeding your child their selective nut(s) and to give you tips and suggestions of how these nuts can be included within your child's diet.



**Information for patients, carers and family**

Please note only the circled nuts are recommended for your child to eat (clinician / dietitian to circle).

**Tree nuts** - almonds, brazil, cashew, hazelnut, macadamia, pecan, pistachio, walnut

**Ground nuts** - peanuts



Almond



Brazil



Cashew



Hazelnut



Macadamia



Pecan



Pistachio



Walnut



Peanut

## Below are some recommendations of safety measures to follow when introducing selective safe nut/s for the first time:

- Make sure your child is well and free from illness.
- Any other atopic conditions your child has (eczema, asthma, hay fever) must be well controlled.
- Have your child's emergency medication available and check that it is in date. Review your Allergy Action Plan so you know how to treat allergic reactions.
- Buy the nut in its shell or a bag of the actual nut you have been told you can introduce. Check you cannot see visible contamination.
- Introduce only one safe nut at a time in your own home.
- Start in the morning with a very small portion (kernel of sweetcorn sized piece of nut, ground if necessary) and wait 20 mins before giving more. Double the portion every half an hour so that you increase the amount throughout the morning. It's important to do this in the morning, so you can observe them for the rest of the day.
- Once you've reached an age appropriate portion for your child the challenge is complete.
- If at any point your child has an immediate reaction, stop the challenge, give appropriate medication.
- If your child is under 5 years the safe nut should be ground because whole nuts are a choking hazard.
- Make sure the safe nut is not offered with any other new foods.

## Important safety information for those including safe nuts:

- **Only consume safe nuts at home.**
- **When out of the house** it is advisable that your child avoids all nuts due to the risk of cross contamination and possible confusion about identifying nuts.
- Only consume plain nuts or pure nut butters. We recommend that you continue to avoid commercial products that contain nuts, for example: cereal bars, biscuits and crackers due to their unknown contaminants.

## What about 'May contain' warning?

Nuts from a single nut pack will often contain warnings such as: 'May contain traces of nuts' or 'Made in a factory that handles nuts' or 'Not suitable for nut allergy sufferers'.

If you can clearly see that the packet contains only the tolerated whole nut, then the chances of cross contamination are minimal.

Discuss your approach to managing 'May contain nut' products with your dietitian or allergy team as they can give specific advice for your child.

## How much and how often should my child eat their safe nut?

- Once the safe nut is tolerated it should be consumed regularly.
- If there are a number of nuts your child can eat you should continue to offer the first safe nut and introduce the other nuts in addition.
- A minimum of 2 portions a week is suggested.
- A portion is age dependent. Typically it's the amount of nut that your child can hold in their hand.
- Nut butters also can be used. One portion of nut butter is equivalent to one heaped teaspoon. It is safest to make your own as there is a risk of contamination with other nuts. Some parents accept this risk and still choose to use commercial nut butters.

## **Below are examples of companies who have taken measures to avoid cross contamination:**

- Carley's Organic produce nut and seed butters. This factory clean down all equipment after each product run. Available from Infinity Foods or online via website <https://carleys.co.uk/>.
- Nutural World nut butters are guaranteed free from peanuts and available online at <https://nuturalworld.com/> or [Amazon.co.uk](https://www.amazon.co.uk/).

Please see ideas below for some suggestions of how to include nuts in your child's diet.

### Whole / chopped / ground nuts:

If eating ground nuts follow the advice for whole nuts and grind them yourself. They can be ground in a batch and kept in a separate container and added to foods.

Pre-ground nuts are **not** recommended as you are unable to see if there is any contamination.

### Nuts can be ground using any of the following:

Food processor



Coffee or spice grinder



Pestle and mortar



Back of a spoon



#### Step 1

Place whole nuts in food processor



#### Step 2

Grind until resembles fine breadcrumbs



#### Step 3

Store in a secure container



Ensure that the equipment to grind nuts is carefully washed after use to minimise risk of contamination.

## Whole Nuts: For children over 5:

- Eat as they are, as a snack.
- Dip in chocolate.
- Add to nut free breakfast cereals.

## Ground/flaked nuts: grind/flake nuts yourself.

### Savoury:

- Add to curries, stir fries or stews.
- Make a tree nut pesto and add to pasta, bruschetta, pizza, meat or fish.
- Use to bread meat, fish and vegetables.
- Add to burgers, meatballs or meatloaf.
- Add as a crumb to baked cheese dishes, for example: cauliflower cheese, baked pasta.
- Savoury grain based dishes/salads, for example: rice or couscous.
- Add to stuffing.
- Make a nut roast.

### Sweet:

- Add to breakfast cereals, porridge or yoghurt.
- Add to milk shakes or smoothies.
- Use in cakes, biscuits and flapjacks.
- Add to an ice cream sundae.
- Add to milk-based pudding, for example: rice pudding, semolina.
- Use in crumbles or as a topping.

## Nut butters: choose pure low salt nut butter.

### Savoury:

- Add to curries, stir fries or stews.
- Use to make satay sauce.
- Make a tree nut pesto.
- Use to crumb meat or fish.
- Add to burgers, meatballs or meatloaf.
- Add to frittata.

## Sweet:

- Add to cereals, porridge or yoghurt.
- Add to milk shakes or smoothies.
- Use in cakes and biscuits.
- Add to an ice cream sundae.
- Add to milk-based pudding, for example: custard, rice pudding, semolina.

## Commercially made foods with single nuts:

Nut Contained	Products
Hazelnut - if your child has already introduced hazelnuts and you would like them to eat commercial products they would be safe to have these:	<ul style="list-style-type: none"><li>• Ferrero Rocher</li><li>• Nutella</li></ul>
Peanut - if your child has already introduced peanuts and you would like them to have commercial products they would be safe to have these:	<ul style="list-style-type: none"><li>• Peanut &amp; Co products</li><li>• Osem Bamba peanut snack</li></ul>

## Take home messages

- Only introduce those nuts which you have been advised are ok for your child to eat at home by your doctor or dietitian. Continue to avoid all other nuts.
- Only offer nuts cracked from shell, plain nut packets or pure nut butters.
- Avoid all commercially-made foods that contain nuts, except from the table above.
- Offer at least 2 portions of the safe nut weekly.
- One serving for each nut is **'as much as your child can hold in the palm of their hand'**.

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