

# #KnowTheFAACTS

## About Tree Nut Allergies



**Almonds**



**Brazil nuts**



**Cashews**



**Hazelnuts**



**Pecans**



**Pistachios**



**Walnuts**

Tree nut allergy is one of the **9** most common food allergies.

Tree nut allergy is generally considered to be lifelong and is outgrown by approximately 10%.

Even though there is cross-reactivity amongst tree nuts, most individuals who are allergic to tree nuts can safely consume certain tree nuts, such as almond. Individuals should discuss with their board-certified allergist if it is necessary to avoid all tree nuts versus selected tree nuts.

Additionally, there is some small risk of cross-reactivity with peanut, even though peanuts are actually a legume and not a tree nut.

