**Foods to avoid**

**Oils**

Blended Oils, Unrefined / Gourmet Peanut, Arachis and Groundnut oils.

**Biscuits**

All Biscuits, Almonds, Coconut biscuits, Macaroons, or Nut Oils.

**Preserves**

Peanut Butter, Chestnut Puree, Chocolate and Hazel Spread, Praline Spread, Sweet Mincemeat.

**Cakes**

Christmas Cake, Fruit Cake, Stollen, Marzipan containing cakes, Carrot Cake, Passion Cake, Cakes bought in Delicatessen, Cakes containing vegetable oil.

**Cereals**

Crunchy Nut Cornflakes, Fruit & Fibre, Muesli, Shreddies, Fruitful, etc.,

**Dips & Sauces**

Pesto Sauce, Waldorf Salad.

**Vegetarian Food**

Nut Loaf, Vegetable burgers, Sausages. (Some products may be OK - Check Labels).

**Desserts**

Nut Yoghurt, Nut Ice-creams, Cakes, Puddings containing nuts.

**Sweets**

Nuts, Nougat, Nut Brittle, Halva, Snickers, Topic, Fruit & Nut, Bounty, Toblerone, Liquorice Allsorts, Pralines, Florentines. Always Check Labels.

**Others**

Some Chinese Foods e.g. Satay.  
It is also advisable to avoid Creams and Shampoos containing nut extracts.

Always check the labels on all food purchased

**Foods allowed**

**Oils**

Sunflower Oil, Olive Oil, Safflower Oil

**Biscuits**

Home-made biscuits made with known source of oil.

**Preserves**

Jam, Marmalade, Honey.

**Cakes**

Home-made cakes containing known ingredients. Cakes guaranteed to be Nut free by manufacturers.

**Cereals**

Weetabix, Shredded Wheat, Wheat, Cornflakes, Rice, Krispies etc.

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| **If you have a nut allergy, care should be taken with all foods but special attention should be give to...** | |
| Oils *blended oils, unrefined or gourmet peanut, arachis, groundnut oils etc...* | Biscuits *Almonds, coconut biscuits, macaroons, etc...* |
| Preserves *Peanut butter, chestnut puree, chocolate & hazelnut spread, praline spread, sweet mincemeat, etc...* | Desserts *Nut yogurt, nut ice-cream, cakes, puddings containing nuts, etc...* |
| Breakfast cereals *Nut cornflakes, fruit & fibre, muesli, etc*... | Asian sauces Satay |
| Vegetarian products *Nut loaf, vegetarian burgers, vegetarian sausages, etc...* | Cakes *Christmas cake, fruit cake, stollen, marzipan, etc...* |
| Confectionery *Nuts, nougat, nut brittle, halva, Snickers, Topic, Bounty, Liquorice Allsorts, pralines, Florentines, Toblerone, etc...* | Dips & sauces *Pesto, Waldorf dressing, etc...* |

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