

Item	Foods to Enjoy	Foods to Avoid
Vegetables	<ul style="list-style-type: none"> All pure vegetables and their juices 	<ul style="list-style-type: none"> Any vegetable or fruit dish or beverage made with tree nuts &/or tree nut oils
Fruit	<ul style="list-style-type: none"> All pure fruit and their juices 	<ul style="list-style-type: none"> Any fruit dish or beverage made with tree nuts &/or tree nuts oils
Salads	<ul style="list-style-type: none"> Salads with allowed ingredients 	<ul style="list-style-type: none"> Salads containing tree nuts &/or tree nut oils (eg. Waldorf salad)
Grain Products	<ul style="list-style-type: none"> Bread, buns and other baked goods made without tree nuts &/or tree nut oils Plain Cream of Wheat® Plain oatmeal 	<ul style="list-style-type: none"> Bread, buns and other baked goods made with tree nuts or tree nut oils (e.g. cakes, muffins, pancakes, waffles, fritters, doughnuts, pastries) Baking mixes containing tree nuts &/or tree nut oils Cereals, flavoured oatmeal and muesli containing tree nuts &/or tree nut oils Crackers containing tree nuts &/or tree nut oils
Milk & Alternatives	<ul style="list-style-type: none"> Plain milk, whole, 2%, 1%, skim Buttermilk 	<ul style="list-style-type: none"> Milk and alternative products containing tree nuts: almonds, Brazil nuts, cashews, hazelnuts (filberts), macadamia nuts, pecans, pine nuts, pistachio nuts and walnuts (and all corresponding tree nut oils) Flavoured ice cream, yogurt, flavoured milks, milkshakes containing tree nuts&/or tree nut oils Dessert toppings containing tree nuts &/or tree nut oils Cheese spreads or cheese balls containing tree nuts &/or tree nut oils
Meat & Alternatives	<ul style="list-style-type: none"> All pure, fresh, frozen or canned meat, poultry and fish Plain tofu All pure legumes such as dried peas, beans, and lentils Plain eggs Peanuts and peanut butter, if not allergic 	<ul style="list-style-type: none"> Processed meats containing tree nuts &/or tree nut oils Meat, poultry and fish dishes made with tree nuts &/or tree nut oils Egg dishes prepared with oils or nuts of undisclosed sources

Item	Foods to Enjoy	Foods to Avoid
Soups	<ul style="list-style-type: none"> All soups made with allowed ingredients 	<ul style="list-style-type: none"> Soups made with tree nuts &/or tree nut oils
Oils & Fats	<ul style="list-style-type: none"> Butter, cream, sour cream Margarine made from allowed oils Lard Meat drippings All other oils and fats made with allowed ingredients 	<ul style="list-style-type: none"> Nutella ® or other chocolate spreads containing tree nuts &/or tree nut oils Nut butters containing tree nuts &/or tree nut oils (e.g. almond butter, cashew butter) Salad dressings containing tree nuts &/or tree nut oils Gravies or sauces containing tree nuts &/or tree nut oils Pesto containing tree nuts &/or tree nut oils Barbeque sauces containing tree nuts &/or tree nut oils Margarine containing tree nut oils or oils of undisclosed sources Any oil product made with undisclosed oils
Desserts & Sweets	<ul style="list-style-type: none"> All desserts and sweets made with allowed products 	<ul style="list-style-type: none"> Any dessert, frozen dessert or sweet made with tree nuts &/or tree nut oils. Any dessert containing marzipan Pralines Chocolate nut spreads that contain tree nuts &/or tree nut oils Nougat Any candy bar, chocolate bar, boxed chocolates or granola bar made with tree nuts &/or tree nut oils Any snack food, e.g. trail mix made with tree nuts &/or tree nut oils
Fluids	<ul style="list-style-type: none"> All fluids made with allowed ingredients 	<ul style="list-style-type: none"> Fluids made with tree nuts &/or tree nut oils (examples of fluids that may contain tree nut products are: flavoured coffees, milk shakes, flavoured milk beverages)
Miscellaneous	<ul style="list-style-type: none"> All pure spices and herbs made without tree nuts &/or tree nut oils Artificial flavourings made with ingredients allowed 	<ul style="list-style-type: none"> Natural extracts and flavourings that contain tree nuts &/or tree nut oils (e.g. pure almond extract) Any product containing oils or nuts of undisclosed sources

References:

- Government of Canada, Health Canada: *Tree Nuts: Priority food allergens, 2017*