



THE DIFFERENCE BETWEEN PEANUTS AND TREE NUTS

Funny, but true fact: Even though peanut has the word “nut” in its name, a peanut is **NOT** a nut at all! A peanut is actually a legume which are edible seeds enclosed in pods. Peanuts grow under the ground.

Tree nuts grow above ground on trees. They include: almonds, hazelnuts, pecans, walnuts, cashews, pistachios, macadamia nuts, pine nuts, brazil nuts, chestnuts, coconuts and the list goes on. Note, that if you are allergic to almonds, it doesn't mean that you are also allergic to every other tree nut.

So, now what? Well, if you are allergic to tree nuts, a food label may specifically identify that particular nut, or it may just say “tree nuts.” Because you don't know which tree nut is in the product, it is best to avoid consuming it all together. Also, be aware that since peanuts can be processed in the same facilities as tree nuts, there is risk of cross contamination. You can see that reading the ingredient list is a priority before eating any food or food product.

Here are some facts to leave you with:

- There are eight major food allergens-milk, egg, peanut, tree nuts, wheat, soy, fish and shellfish.
- One in 13 children, or approximately two in every classroom, have food allergies.
- More than 15 percent of school-aged children with food allergies have had a reaction in school.
- Roughly 30 percent of children with food allergies are allergic to more than one food.
- Children with food allergies are two to four times as likely to have other allergic conditions-- think asthma, eczema, etc.
- Delaying introduction of allergenic foods does not insure protection against future food allergies. In fact, feeding peanut foods early and often to babies with egg allergy or eczema dramatically reduces their risk of developing peanut allergy.
- Most food allergies arise in childhood, however, at least 15 percent of food allergies are first diagnosed in adulthood.
- While severe or fatal reactions can happen at any age, teenagers and young adults with food allergies are at the highest risk of fatal food-induced anaphylaxis.
- Individuals diagnosed with food allergies and asthma may be at increased risk for severe or fatal food allergy reactions.
- Most fatal food allergy reactions are triggered by food consumed outside the home.
- Allergies to peanuts, tree nuts, fish and shellfish are generally not outgrown.

So there you have it; bottom line, don't be a nut- read labels and be prepared!

Sincerely,
Your District 35 Nurses