



# Healthy Living at Hannaford

## How to read a Label for a TREE-NUT FREE or SOY-FREE Diet

All FDA-regulated manufactured food products that contain tree-nut as an ingredient are required by U.S. law to list the specific tree nut on the product label. All FDA-regulated manufactured food products that contain soy as ingredient are required by U.S. law to list the word "soy" on the product label.

### TREE-NUT Avoid foods that contain nuts or any of these ingredients:

- almonds
- artificial nuts
- beechnut
- Brazil nuts
- butternut
- cashews
- chestnuts
- chinquapin
- coconuts
- filberts/hazelnuts
- gianduja (a chocolate-nut mixture)
- ginkgo nut
- hickory nuts
- litchi/lychee/lychee nut
- macadamia nuts

- marzipan/almond paste
- Nangai nuts
- natural nut extract (e.g., almond, walnut)
- nut butters (e.g., cashew butter)
- nut meal
- nut paste (e.g., almond paste)
- nut pieces
- nutmeat
- pecans
- pesto
- pili nut
- pinenuts (also referred to as Indian, pignoli, pigñolia, pignon, piñon, and pinyon nuts)
- pistachios
- praline
- shea nut
- walnuts

### Tree nuts are sometimes found in the following:

- black walnut hull extract (flavoring)
- natural nut extract
- nut distillates/alcoholic extracts
- nut oils (e.g., walnut oil, almond oil)
- walnut hull extract (flavoring)

### Keep in mind:

- Mortadella may contain pistachios.
- There is no evidence that coconut oil and shea nut oil/butter are allergenic.
- Many experts advise patients allergic to tree nuts to avoid peanuts as well.
- Talk to your doctor if you find other nuts not listed here.

### SOY Avoid foods that contain soy or any of these ingredients:

- edamame
- miso
- natto
- shoyu
- soy (soy albumin, soy cheese, soy fiber, soy flour, soy grits, soy ice cream, soy milk, soy nuts, soy sprouts, soy yogurt)
- soya
- soybean (curd, granules)
- soy protein (concentrate, hydrolyzed, isolate)

- soy sauce
- tamari
- tempeh
- textured vegetable protein (TVP)
- tofu

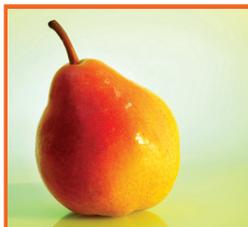
### Soy is sometimes found in the following:

- Asian cuisine
- vegetable broth
- vegetable gum
- vegetable starch

### Keep in mind:

- The FDA exempts highly refined soybean oil from being labeled as an allergen. Studies show most allergic individuals can safely eat soy oil that has been highly refined (not cold-pressed, expeller-pressed, or extruded soybean oil).
- Most individuals allergic to soy can safely eat soy lecithin.
- Follow your doctor's advice regarding these ingredients.

The information found on this page is a guideline designed to support, not replace, the relationship that exists between a patient and his/her physician. The authors, Hannaford Bros. Co. and the Food Allergy & Anaphylaxis Network disclaim any responsibility for any adverse effects resulting from the information presented here. The information enclosed is not designed to take the place of a doctor's instructions. Patients are urged to contact a doctor for specific information regarding guidelines for care.



### Interested in developing an eating plan that's just right for you?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to our staff registered dietitian, for free nutrition advice at [hannaford.com/asknutritionist](http://hannaford.com/asknutritionist).