



# simply healthy

from your Hannaford dietitian

## 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 an 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
- beechnuts
- Brazil nuts
- butternuts
- cashews
- chestnuts
- chinquapins
- coconuts
- filberts/hazelnuts
- gianduja or gianduia (a chocolate-nut mixture)
- ginkgo nut
- hickory nuts
- litchi/lichee/lychee nuts
- 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 nuts
- pine nuts (also referred to as Indian, pignoli, pigñolia, pignon, piñon, and pinyon nuts)
- pistachios
- pralines
- shea nuts
- 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.

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