

Nuts & allergies

Food allergies affect millions of people. With a food allergy, the immune system reacts to the food like it's an invader. It may cause swelling, trouble breathing, hives and itching.

NUT ALLERGY DANGERS

Nut allergies can be life-threatening.

A person who is allergic to nuts could have a reaction from being near someone eating nuts. Even a tiny crumb of nuts left on a table could be life-threatening. This is why many schools do not allow nuts in classrooms or lunchrooms.

If you or your family member has a nut allergy, you can still enjoy some nut alternatives. They can be just as delicious — and nutritious — as nuts.



NUT ALTERNATIVES

Nuts contain plant-based protein, healthy fats and some vitamins and minerals. If you can't eat nuts, don't worry. There are other foods with these benefits!

- LEGUMES:** Soybeans, peas, lentils and chickpeas are legumes. They can be roasted as a snack or in salads. Some people are allergic to some types of legumes, however. Be sure to ask about legume allergies before using them for passing dishes or at school.



- SEEDS:** There are so many kinds to choose from, like sunflower, pumpkin, chia, flax and hemp. They go well with salads, in smoothies or as a snack.
- AVOCADOES:** Although not a significant source of protein, avocados are rich in healthy fats, B vitamins, potassium and magnesium. Avocados can go on many foods, from toast to salads to stir-frys.



NUT-FREE BUTTER OPTIONS



Many nut-free butters make a great sandwich or spread for fruit. They taste a lot like peanut butter but without the peanuts.

Today's nut-free butters may contain soybeans, sunflower seeds, chickpeas or peas. These can all be healthy alternatives to nuts. Most contain some healthy fats and protein. Check the label for added salt or sugar.



THE BOTTOM LINE

Nuts are a healthy choice — and there are allergy-free options available. If you have an allergy to nuts, read all food labels. Look at allergen information and ingredients to stay safe.