

Paediatric Outpatients

Information for parents after a successful day-care tree nut challenge

Your child's name.....

Nut or nuts your child is allergic to (continue to avoid)

.....

Nut or nuts your child ate today (these can now be included in the diet)

.....

Almond



Brazil



Cashew



Hazelnut



Macadamia



Pecan



Pistachio



Walnut



Patient Information

Your child has **successfully** completed a food challenge today to one or more tree nuts. This means that your child does **not** have an allergy to these nuts. You are **strongly** advised to include these nuts regularly in your child's diet from now on.

Important notes on reintroducing nuts after a successful food challenge

- We recommend that your child continues to eat the allowed nuts regularly (at least twice per week) starting the day after the challenge. A serving size depends on age. As a guide, it's usually the amount of nuts your child can hold in their hand.
- Do not give whole nuts to children under five due to the risk of choking.

If your child has an allergy to other nuts (for example almond, Brazil nut, cashew, hazelnut, peanut, pecan, pistachio, or walnut) the following advice applies:

- ✓ Only give allowed tree nuts at home, where you can be sure they are the correct nuts.
- ✓ Continue to check food labels for the nut or nuts your child is allergic to.
- ✓ Avoid eating nuts from a bag of mixed nuts because of the risk of cross contamination.

If you feel your child is getting symptoms when eating the allowed nuts, (this is unlikely), stop giving them and contact the allergy team by email: childrensallergy@uhcw.nhs.uk.

Please also see the sheet 'Caring for your child at home after challenge.' Ask staff for a copy of this.

Introducing tree nuts after a successful tree nut challenge

The following ideas can help your child continue to eat the allowed tree nuts regularly.

- Use a biscuit or cake recipe that includes a 'dose' of all the allowed nuts (see suggested biscuit recipe below, or add to any cake recipe such as sponge, muffins).
- Use nut butter or grind the nuts in a coffee grinder/blender, or finely grate on a cheese grater, and add to everyday foods:

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Savoury ideas	Sweet ideas
Curries, stir fries or stews	Add to cereals or porridge
Mashed potato	Add to yogurt or milk-based puddings (custard, semolina, rice pudding)
Gravy or cheese sauce	Add to smoothies or milkshakes
Crumb coating for meat or fish	Add to fruit crumble topping
Burgers or meatballs	Add to ice cream

Look for foods that contain tree nuts (see notes above if your child has a nut allergy to a different nut), for example:

Almond

Marzipan, bakewell tarts/almond cake, certain breakfast cereals, muesli and cereal bars, almond milk, nougat, homemade recipes using ground almond, almond essence or almond paste, almond butter.

Hazelnut

Nutella (or own-brand hazelnut spread), praline, hazelnut yogurt, hazelnut milk, hazelnut chocolate, certain breakfast cereals and cereal bars, home-made recipes using hazelnuts or Nutella.

Cashew/pistachio

Pesto sauce (do read list of ingredients to ensure it doesn't contain any other nuts), pistachio ice-cream, cashew nut butter.

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Mixed nut biscuit recipe

Ingredients (per biscuit):

- 1 teaspoon ground nut/nuts
- 1 flat teaspoons of margarine
- 1 dessert spoon self- raising flour
- 2 teaspoons water to mix
- 2 teaspoons caster sugar

Method:

- Rub the margarine into flour.
- Add the ground nuts and sugar and mix to form a ball.
- Flatten the ball onto a baking tray.
- Bake at 190°C for 10 -12 minutes, until lightly browned.

More information

Contact us by email: childrensallergy@uhcw.nhs.uk, or via our **secretary: 01788 663189**.

This leaflet has been adapted from information provided by Leicester Royal Infirmary Children's Allergy service.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please ask or contact 024 7696 6948 and we will do our best to meet your needs.

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Patient Information

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