

Paediatric Outpatients

Post Challenge information for parents of children who have successfully completed a day-care food challenge for Tree Nuts

Childs name.....

Nut or nuts allergic to (continue to avoid these)

.....

Nut or nuts eaten today (these can now be included in the diet)

.....

Almond



Brazil



Cashew



Hazelnut



Macadamia



Pecan



Pistachio



Walnut



- Your child has **successfully** completed a challenge today to one or



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more tree nuts.

- This means that your child does **not** have an allergy to these nuts.
- You are therefore **strongly** advised to now include them regularly in your child's diet.

Important notes on reintroduction of nuts following a successful food challenge

- We recommend you continue to have the nuts regularly (at least twice per week) starting **immediately** the day after the challenge. One serving for each nut is age dependent; typically it's the amount of nut that your child can hold in their hand.
- Whole nuts should **not** be given to children under five due to the risk of choking.
- If your child has an allergy to one or more other nuts (for example almond, brazil, cashew, hazelnut, peanut, pecan ,pistachio or walnut) the following advice applies:
 - ✓ Only give tree nuts allowed in a home environment where you can be sure of the correct nuts.
 - ✓ Continue to check the ingredients for the nut 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 given the allowed nuts (unlikely) stop giving and contact the allergy team via email: childrensallergy@uhcw.nhs.uk. See also sheet 'Caring for your child at home after challenge'. Ask staff for a copy of this.

How to introduce tree nuts following a successful tree nut challenge

The following ideas can be used in order to ensure your child continues to eat the tree nuts regularly.

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

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Savoury ideas	Sweet ideas
Curries, stir fries or stews	Add to cereals or porridge
Add to mashed potato	Add to yogurt or other milk based puddings such as custard, semolina, rice pudding etc.
Gravy/cheese sauce	Add to smoothies and milk shakes
Crumb coating for meat or fish	Add to a fruit crumble topping
Add to burgers or meatballs	Add to ice cream

3. 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

- 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

- Rub margarine into flour; add nut mix and sugar, mix to form a ball.
- Squash flat onto a baking tray and bake at 190c for 10-12 minutes until slightly brown.

Further Information

Contact us via 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 and we will do our best to meet your needs.

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