

Nut-Free Diet Guidelines

Allowed:

- Fruits and vegetables
- Grains and legumes (if no other restrictions)
- Seeds: pumpkin, sunflower, chia, flax
- Meat, poultry, fish, eggs
- Dairy (if tolerated)
- Nut-free processed foods

Avoid:

- All tree nuts: almonds, walnuts, cashews, pecans, hazelnuts, pistachios, etc.
- Peanuts (though technically a legume, often included in nut-free restrictions)
- Nut oils and butters (e.g., almond butter, peanut butter)
- Foods processed in facilities that handle nuts (when strict)