

Do you know your nuts?

In the Wotnut study (June 2023) only 8% of nut allergic children recognised a peanut out of its shell.

Only 15.8% of guardians of children with nut allergy could identify all forms of their child's index nut.



In shell



Out of shell

Almond



In shell



Out of shell

Peanut



In shell



Out of shell

Pistachios



In shell



Out of shell

Cashew

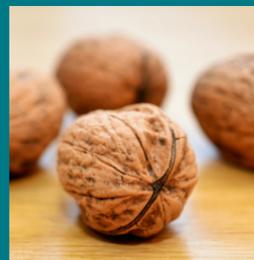


In shell



Out of shell

Brazil nut



In shell



Out of shell

Walnuts



In shell



Out of shell

Hazelnuts



In shell



Out of shell

Pecans



Macadamia nuts

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Download our Peanut and Tree Nut Allergy Factsheet

www.anaphylaxis.org.uk