

## **Other names of peanuts, tree nuts, and sesame**

Almonds, almond paste

Arachide

Arachis oil

Beer nuts

Benne, benne seed and benniseed

Brazil nuts

Cacahouète/cacahouette/cacahuète

Cashews

Gingelly and gingelly oil

Goober nuts, goober peas

Ground nuts

Hazelnuts, hazelnut paste

Kernels

Macadamia nuts

Mandelonas

Nu-Nuts™

Nut meats

Pecans

Pine nuts (pignolias)

Pistachio nuts

Seeds

Sesamol and sesamolina

Sesamum indicum

Sim sim

Tahini (sesame paste)

Til

Valencias

Walnuts

*Note: These lists are not complete and may change.*

## **Examples of foods and products that contain or often contain peanuts, tree nuts, or sesame**

Asian foods

Baked goods

Bread (e.g., hamburger buns, multi-grains), bread crumbs and sticks, cereals, crackers, melba toast and muesli

Calisson (a marzipan-like candy made from almonds)

Cereals

Chili

Chinese (e.g., Szechuan sauce, egg rolls)

Cocoa-based and/or nut-based spreads, e.g., almond paste-based spreads, chocolate nut spreads

Combination foods, e.g., flavoured rice, noodles, shish kebabs, stews and stir fries

Dairy-free imitation cheese products made from tree nuts

Desserts

Dips and spreads, e.g., hummus, chutney

Dishes such as almond chicken, pad thai, satay, chili and trout amandine

Dried salad dressings and soup mixes

Gianduja and giandula (chocolate blended with hazel nuts)

Granola bars

Icing, glazes

Indian (curries)

Indonesian (e.g., satay)

Marzipan (almond paste)

Mortadella (a type of Italian sausage which may be flavoured with pistachio nuts)

Nougat (sugar paste made with nuts), e.g., Torrone

Pralines

Sesame oil, sesame salt (gomasio)

Snack bars (protein bars, granola bars)

Snack foods, e.g., trail mixes

Tahina

Tempeh

Thai (for example, curries)

Tree nut oils (unrefined or partially refined tree nut oils, e.g., cold-pressed)

Vegetarian burgers

Vegetarian dishes

Vegetarian meat substitutes

Vietnamese (e.g., crushed peanut as a topping, spring rolls)

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