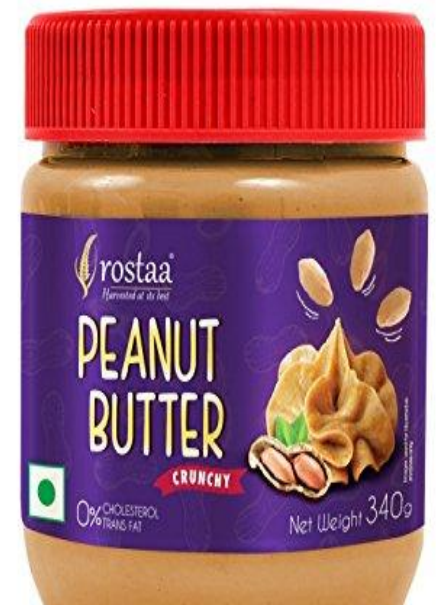


# NO NUTS!



# PEANUTS (MUNGFALI) JAGOO



# ALMONDS (BADAM)



# CASHEW NUTS (KAJOO)





palm oil

Skimmed milk powder

Low fat cocoa

hazelnuts

sugar

# PISTACHIO (PISTA)



# WALNUTS (AKHROT)



# BRAZIL NUT (BRAJHILA BADAMA)



# NUTS IN OIL





# PEANUTS



PEANUTS	
Arachis hypogaea	Groundnuts
Beer nuts	Goober nut/pea
Cacahuete	Mandelonas
Chinese nuts	Monkey nuts
Earhnuts	



# TREE NUTS



TREE NUTS	
Almond	Macadamia
Brazil	Pecan
Cashew	Pistachio
Hazelnut	Walnut

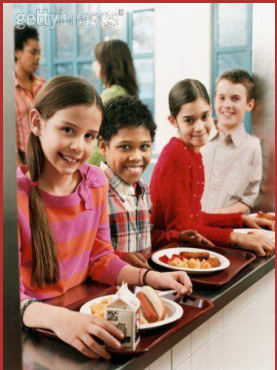
# FOOD ALLERGY VS. FOOD INTOLERANCE

Food allergy is a potentially serious immune response to eating certain foods.

Food Intolerance is an adverse reaction to food that does not involve the immune system and is not life-threatening.

## Symptoms of food intolerance

**Might include abdominal cramps, bloating and diarrhea**



# SYMPTOMS

One or more symptoms:

Can occur within minutes up to hours

Can be mild to life-threatening

**Trouble  
swallowing**

**Shortness  
of breath**

**Repetitive  
coughing**

**Voice  
change**

**Nausea &  
vomiting**

**Diarrhea**

**Abdominal  
cramping**

**Swelling**

**Hives**

**Eczema**

**Itchy red  
rash**

**Drop in blood  
pressure**

**Loss of  
consciousness**

