



Healthy Nut Alternatives To Include In Diet

Adding the following foods to your diet can provide you with the same nutrients as tree nuts.

Protein



Seeds (whole, flour, butter, or oil)



Lean meat and poultry

Dried fruits



Fiber

Whole grains



Vitamin E



Avocado



Wheat germ oil

Seafood such as fish



Copper and zinc

Eggs



Magnesium and folate



Dry beans



Dark green leafy vegetables such as spinach and broccoli

Millet



Niacin, iron, and calcium

Soy products



References:

1. Nuts and seeds; Better Health; Victorian Government's Department of Health
2. Recipe Substitutions for Peanuts and Tree Nuts; Kids With Food Allergies; Division of the Asthma and Allergy Foundation of America