

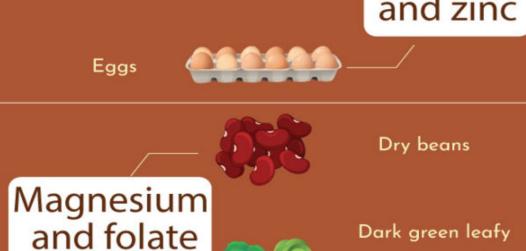
as tree nuts.













vegetables such as

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



Source: https://www.momjunction.com/articles/amazing-nutritional-benefits-of-eatingnuts-during-pregnancy_0081423/