Nut-free Mediterranean diet checklist

Use these steps to follow the Mediterranean diet safely without nuts.

- [ ] Ask an allergist which nuts, seeds and legumes are safe for you.
- [ ] Use extra-virgin olive oil as your main fat.
- [ ] Swap nut snacks for roasted chickpeas or sunflower seeds.
- [ ] Check with an allergist before adding sesame or tahini.
- [ ] Read the ingredient list and allergen statement on every product.
- [ ] Check seed mixes, granola, pesto and baked goods for hidden nuts.
- [ ] Avoid cold-pressed, crude or gourmet peanut oil.
- [ ] Tell restaurant staff and teachers about the allergy.
- [ ] Use prescribed epinephrine as soon as severe symptoms appear.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/nutrition/mediterranean-diet-vs-nut-free-diet/