

Tips On Manage Cashew Allergy

During Pregnancy



Read the labels of packaged foods to check the presence of cashew powder or cashews.



Avoid desserts or confectionery containing even trace amounts of cashew.



Store food items at home separately to avoid cross-contamination with cashews.



Keep antihistamines and epinephrine nearby in case of a severe allergic reaction.



Speak to your doctor to learn of any pregnancy-safe oral immunotherapy to help desensitize cashew allergy.

References

- 1 Recent advances in diagnosing and managing nut allergies with focus on hazelnuts, walnuts, and cashew nuts; Science Direct
- 2 Oral immunotherapy effectively desensitizes cashew allergy in children; AAC

