

Nutmeg

Should people with nut allergy avoid nutmeg?

Nutmeg is a spice used to flavour many foods including bread, hot cross buns, haggis, Middle Eastern dishes, toppings on milk pudding and egg nog. Because of its name, many people with nut allergy believe that nutmeg must be avoided at all costs.

It is likely these people are being overcautious. We are not aware of any hard evidence to suggest that people with nut allergy are at risk from nutmeg.

Allergy to nutmeg exists in its own right, but the incidence is rare. In a French study, allergy tests to spices were carried out in 589 patients with food allergy and suspected allergy to spices. Whilst sensitisation to members of the *Apiaceae* botanical family (coriander, caraway, fennel, or celery) was seen in 32% of children and 23% of adults and whilst sensitisation to members of the *Liliaceae* family (garlic, onion, or chive) was observed in 4.6% of children and 7.7% of adults, no tests were positive to nutmeg.

If you believe you are allergic to nutmeg, our advice is the same as it is for all food allergies: see your GP and ask for a referral to an allergy clinic. Please see our Anaphylaxis Factsheet for more information

Feedback

Please help us to improve our information resources by sending us your feedback at: -

<https://www.anaphylaxis.org.uk/information-resources-feedback/>

Sources

All the information we produce is evidence-based or follows expert opinion and is checked by our clinical and research reviewers. If you wish to know the sources we used in producing any of our information products, please contact info@anaphylaxis.org.uk and we will gladly supply details.

Reviewer

The content of this knowledgebase article has been Peer Reviewed by Dr Michael Radcliffe, Consultant in Allergy Medicine, University College London Hospitals NHS Foundation Trust.

Disclosures

We are not aware of any conflicts of interest in relation to his review of this article.

Disclaimer

The information provided in this article is given in good faith. Every effort is taken to ensure accuracy. All patients are different, and specific cases need specific advice. There is no substitute for good medical advice provided by a medical professional.

About Anaphylaxis UK

Anaphylaxis UK is the only UK-wide charity solely focused on supporting people at risk of serious, life-threatening allergic reactions. We provide information and support to people living with allergies through our free national helpline and local support groups. We also campaign and fundraise to achieve our ultimate aim, to create a safer environment for all people at risk of serious allergies. Visit our website www.anaphylaxis.org.uk and follow us to keep up-to-date with our latest news. We're on Facebook @anaphylaxixUK, LinkedIn, Instagram @anaphylaxisUK, Twitter @AnaphylaxisUK and YouTube.