

LUPIN Allergen Card

Peanut-allergic individuals are sometimes allergic to other foods from the legume family, such as soy. Lupin, another legume related to pea, peanut and soy, has been recognised as a cause of allergic reactions including anaphylaxis. Until recently, lupin was not common in Australian foods, but lupin flour and bran are now entering into food manufacturing, where they contribute protein content, fibre, and some textural properties. Currently, lupin is not covered by mandatory labelling regulations such as are in place for peanut, soy, milk and other foods as per FSANZ Food Standards code 1.2.3

Ingredients to avoid if you are allergic to lupin*:

Lupin
Lupin bran
Lupin fibre
Lupin flour
Lupin kernel flour
Lupine
Lupini
Lupini bean
Lupinus
Lupinus albus
Lupinus spp
Narrow-leafed sweet lupin (L. andustifolous)
Pear or Tarwin lupin (L. mutabilis)
White lupin (L. albus)
Yellow lupin (L. luteus)

**This is not a complete or comprehensive list of ingredients to avoid but is intended as a helpful aid for living with lupin allergy. It is NOT meant to replace medical advice given by your doctor.*



Products that can contain lupin include:

Baked products (breads, cakes, muffins)
Battered foods
Biscuits
Cereals
Condiments
Confectionary
Convenience foods
Creams
Crepes
Crumbed foods
Dough
Desserts
Health drinks
Lupin milks
Miso
Noodles
Pasta
Pizzas
Salads
Sauces
Sausages
Snack bars
Sweets/lollies
Tempeh
Tofu
Wafers
Waffles
Yoghurts

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