

IDENTIFYING LUPIN ALLERGENS



Lupin, which is a legume in the same family as peanuts, is considered a key allergen under the Australia New Zealand Food Standards Code. Any food can be an allergen, but most food allergies in Australia are caused by peanuts, tree nuts, milk, eggs, sesame seeds, fish, shellfish, soy, lupin and wheat.

The Food Standards Code requires these foods to be declared on labels whenever they are present as ingredients or as components of food additives or processing aids, or made accessible to consumers when they ask for it if the food is not labelled.

Lupin flour or lupin bran/fibre is widely used in a variety of products because of its high protein and fibre content (it is also gluten-free, which is an increasingly popular food trend). Food additives made from lupin may also be used in a wide variety of processed foods.

Anyone can be allergic to lupin, though people with a peanut allergy appear to be at higher risk. As with any food allergy, a person who is allergic to lupin can experience severe and frightening symptoms if they ingest even trace amounts of the allergen, and may even go into anaphylactic shock — an extreme and often life-threatening allergic reaction.

It is critically important that food businesses are aware of any allergens in the products they prepare and sell. To do so, Food Handlers must read the ingredient labels of all pre-made foods or ingredients that come into the business.

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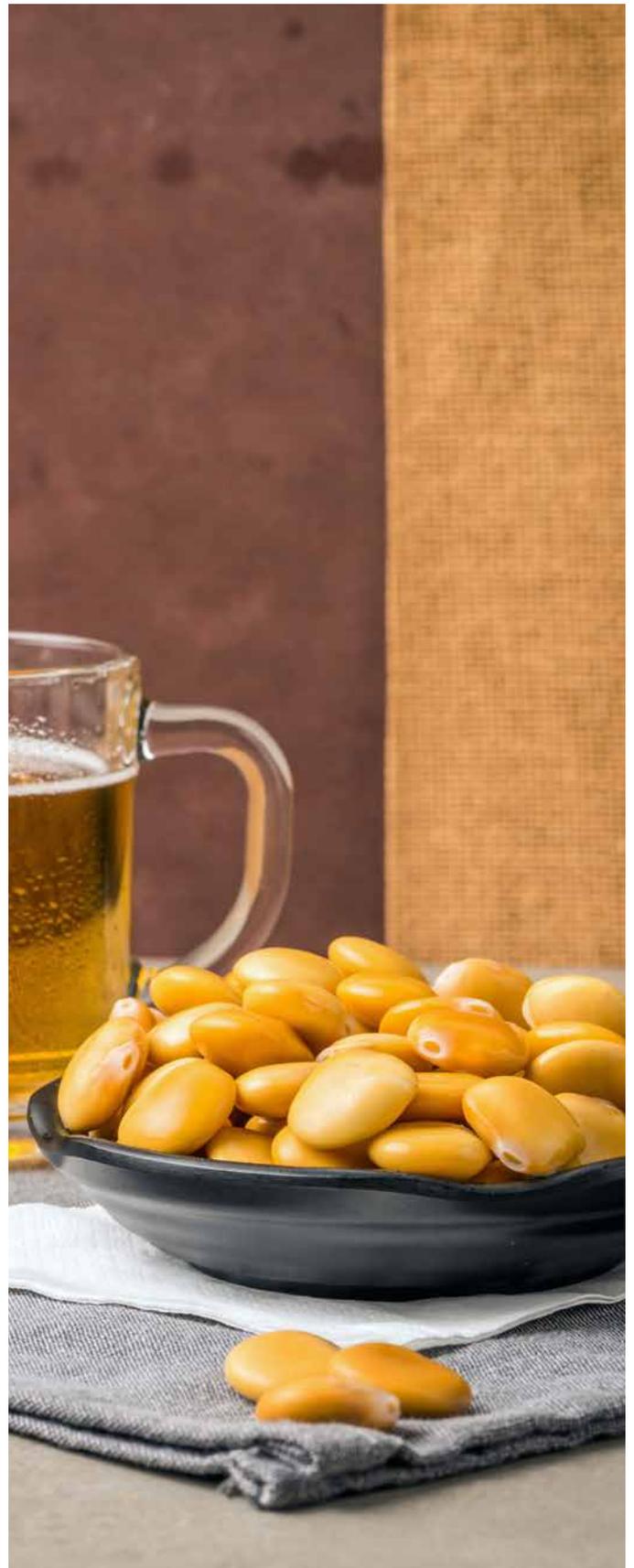
Not all Food Handlers will be responsible for reading ingredient labels or determining which foods contain which allergens. Many food businesses delegate these responsibilities to the back-of-house employees who prepare or cook the food. This is done under the supervision of a kitchen manager who coordinates how this information is:

- recorded and stored
- communicated to other Food Handlers or managers
- communicated to customers (e.g. explicitly stated on the website or on menus, available in writing to any customer that asks or through customer-employee interactions)

Avoid using any products that do not have an ingredient list, and be aware that manufacturers may occasionally change their recipes or use different ingredients for variations of the same product.

Foods and ingredients to avoid

- lupin/lupini/lupine
- lupin kernel
- lupin beans
- lupin bran or fibre
- lupin flour
- lupinus
- white lupin (also called field lupin)
- yellow lupin
- narrowleaf lupin (also called narrow-leaved lupin or blue lupin)
- pear or tarwin lupin



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Some foods and products that contain (or may contain) lupin

- baked products (e.g. biscuits, cookies, breads, cakes, muffins)
- battered or crumbed foods (e.g. onion rings)
- gluten-free foods (e.g. pastas, breads, pizza crust)
- sausage
- vegetarian “meats” (e.g. meatless burgers)
- crepes/pancakes/waffles
- cereals
- chicken bouillon cubes
- dehydrated soup
- salad dressings
- sauces, glazes
- condiments (e.g. mayonnaise)
- confectionery (e.g. sweets, lollies)
- snack bars
- lupin beverages (e.g. ‘milks’)
- health drinks
- ice cream, yoghurts
- tofu/tempeh
- miso

Note: This is not a complete or comprehensive list of ingredients or foods to avoid. Food and food products purchased from other countries are not always produced using the same manufacturing and labelling standards as in Australia.

