



LUPIN Allergen Card



Any food containing lupin must be avoided including*:

Lupin
Lupin bran
Lupin fibre
Lupin flour
Lupin kernel flour
Lupin milks
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)

Products and foods that can contain lupin include:

Baked/bakery foods (e.g. cakes, biscuits, muffins, pastries, crackers, bread, pies, slices)
Battered foods
Cereals
Condiments
Crepes
Crumbed foods
Desserts
Gluten free products
Health drinks
Lollies and confectionery
Miso
Noodles
Pasta
Pizzas
Salads
Sauces
Sausages
Tempeh
Tofu
Wafers
Waffles
Yoghurts

Check when purchasing food that may be cooked in oil e.g. chips, that the oil has not been contaminated by cooking lupin.

*This is not a complete 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.

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FOOD ALLERGY SAFETY

Avoidance of the food allergen is crucial if you are food allergic. There are many strategies you can put in place to help reduce the risk of an allergic reaction including anaphylaxis.

When eating away from home:

- Plan ahead; educate those around you.
- Tell wait staff and/or food preparation staff about your food allergy. When you tell wait staff about your allergy, consider giving them an A&AA Chef Card, a helpful tool to help you communicate your allergy. Scan the QR code below for Chef Card information.
- Have an appropriate snack available when you go out. If you are hungry, you will be more tempted to take a risk with a non-labelled food purchase.
- Do not share food.
- Do not share straws, cups, cutlery and other food utensils.
- ALWAYS have your ASCIA Action Plan for Anaphylaxis and your adrenaline injector with you. No Adrenaline = No Eat!

When buying packaged food:

- Always read the ingredient list on the food label, even if the product has been purchased and eaten safely before.
- If there is no label and you cannot access clear information on food content, do not eat the food.
- Call food manufacturers and ask about food ingredients if you are unsure about a product.
- Note: Warning statements such as "May contain..." are voluntary.
- Australian labelling requires all common allergens to be listed on the food label.

Allergens found in other products:

- Check cosmetics, lotions, shampoos, soaps, moisturisers and products used on the skin for food allergens.
- Check medications (prescribed and over the counter), supplements, herbal medicines and alternate therapies for food allergens.
- Check pet food for food allergens (e.g. bird seed for peanut and tree nuts, cat food for fish).

Scan the QR code for more information or call 1300 728 000 or visit www.allergyfacts.org.au



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Your trusted charity for allergy support



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