

Lupin Allergy

Frequently Asked Questions

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Q 1: What is lupin?

Lupin is a legume related to peanut and soybean. For thousands of years, pearl lupin (*Lupinus mutabilis*) has been a South American staple and white lupin (*Lupinus albus*), has been a popular snack food in the Mediterranean region. Australian sweet lupin (*Lupinus angustifolius*) is used worldwide as a versatile, nutritional ingredient in food manufacturing.

Lupin is uniquely high in protein (30-40%) and dietary fibre (30%), and low in fat (4-7%). For some people, lupin may trigger an allergic reaction like other high protein foods (such as peanut and soybean).

Q 2: How common is lupin food allergy?

Less than 1% of the population who have eaten lupin-based foods have been reported to have an immediate allergic reaction.

Q 3: Are there any cross reactions with other foods?

Studies have shown a link between peanut and lupin allergy which means that people allergic to peanuts may also react to legumes, including lupin.

Q 4: What foods contain lupin?

Lupin can be found in a wide range of food products including baked goods (such as bread, pastries, pies), pasta or noodles, sauces, beverages and meat-based products (such as burgers and sausages). Foods free of gluten, soy or genetically modified ingredients may contain lupin.

There is now a mandatory requirement of allergen labelling for lupin in Australia and New Zealand. Lupin is sometimes labelled as lupin flour, lupin flakes, lupinus, lupine, lupini or lupine beans.

Q 5: How is food allergy managed?

People can learn to manage their food allergy with the guidance of their clinical immunology/allergy specialist. It is important for people with confirmed food allergy to:

- Avoid confirmed food allergens.
- Know the signs and symptoms of allergic reactions and know what to do when a reaction occurs.
- Carry adrenaline injectors (if prescribed) and ASCIA Action Plan at all times.

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