

## Lupin free

This document is part of the [ACI Diet Specifications for Adult inpatients](#).

It is not to be used for patient education.

### Aim

To provide a diet that excludes food products containing lupin ingredients and derivatives.

### Characteristics

Avoids the lupin legume and any foods containing lupin-derivatives including lupin flour, lupin bran, lupin fibre, lupin kernel flour, lupine, lupini, lupine beans, lupinus, lupinus albus, lupinus spp, narrow-leafted sweet lupin (*L. andustifolous*), pear or Tarwin lupin (*L. mutabilis*), white lupin (*L. albus*) and yellow lupin (*L. luteus*) that may be used as additives for protein content, fibre and textural properties.

### Where appropriate, clinicians may consider ordering this diet for patients with:

- lupin allergy
- peanut allergy due to cross-over with lupins.

### Nutritional adequacy

This diet is nutritionally adequate.

### Precautions

It is not possible to provide a full list of all permitted commercial products; the following are general guidelines only. Care should be taken to read all product ingredient lists to determine if the product contains any of the following: lupin, lupin flour, lupin bran, lupin fibre, lupin kernel flour, lupine, lupini, lupine beans, lupinus, lupinus albus, lupinus spp, narrow-leafted sweet lupin (*L. andustifolous*), pear or Tarwin lupin (*L. mutabilis*), white lupin (*L. albus*) or yellow lupin (*L. luteus*). All packaged food with lupin or lupin-derivatives must carry a mandatory warning statement under Standard 1.2.3(4) of the Australian New Zealand Food Standards Code and should therefore be able to be identified on food labels. Lupin flour, bran and fibre are now being used in a variety of products due to their high protein and fibre content and because they are gluten free. Particular care is needed in food handling and preparation to avoid cross-contamination. The major allergens in lupin are also found in peanuts, so people who are allergic to peanuts could react to lupin. People with peanut allergy may need to avoid foods containing lupins or lupin-derivatives.

### Paediatrics

Suitable for use in paediatrics when combined with an age-appropriate diet.

## Specific menu planning guidelines

	Allowed – but check labels	Not allowed – but check labels
<b>Hot main dishes</b>	All plain cooked meat, poultry, fish and eggs	Dishes that contain lupin or derivatives such as sausages, tofu, tempeh, vegetarian dishes, battered foods and crumbed foods – <i>check labels</i>
<b>Sauces and gravies</b>	All others – <i>check labels</i>	Sauces and gravies that contain lupin or derivatives (e.g. cream sauces) – <i>check labels</i>
<b>Starchy vegetables, pasta and rice</b>	Plain boiled and roasted potato, sweet potato and pumpkin Plain rice, noodles and pasta that do not contain lupin or lupin-derivatives – <i>check labels</i> Starchy vegetables dishes that do not contain lupin or lupin-derivatives – <i>check labels</i>	Any others that contain lupin or derivatives (e.g. pasta and noodles) – <i>check labels</i>
<b>Vegetables</b>	All plain fresh and cooked vegetables All other vegetable dishes – <i>check labels</i>	Vegetable dishes or fibre-enriched juices that contain lupin or derivatives – <i>check labels</i>
<b>Soups</b>	Soups containing allowed ingredients – <i>check labels</i>	Soups containing lupin or derivatives – <i>check labels</i>
<b>Sandwiches</b>	Bread and fillings containing allowed ingredients – <i>check labels</i>	Bread and fillings containing lupin or derivatives – <i>check labels</i>
<b>Salads and dressings</b>	Salads and commercial dressings with allowed ingredients – <i>check labels</i>	Salads and commercial dressings containing lupin or derivatives (e.g. coleslaw) – <i>check labels</i> Lupin flakes in salad
<b>Breads and cereals</b>	Breads containing allowed ingredients – <i>check labels</i> Breakfast cereals without added lupin or derivatives such as rolled oats, Weet-Bix™, Corn Flakes® and Rice Bubbles® – <i>check labels</i>	Breads and cereals containing lupin or derivatives (e.g. Weet-Bix Blends™) – <i>check labels</i>
<b>Spreads</b>	Spreads with allowed ingredients – <i>check labels</i>	Other spreads that contain lupin or derivatives – <i>check labels</i>
<b>Hot breakfast choices</b>	Hot breakfast choices containing allowed ingredients – <i>check labels</i>	Hot breakfast choices that contain lupin or derivatives (e.g. sausages and pancakes) – <i>check labels</i>
<b>Fruit</b>	All fresh fruit Commercial fruit products with allowed ingredients – <i>check labels</i>	Commercial fruit-based products or fibre-enriched juices containing lupin or derivatives – <i>check labels</i>
<b>Yoghurt</b>	Yoghurts containing allowed ingredients – <i>check labels</i>	Yoghurt containing lupin or derivatives – <i>check labels</i>
<b>Desserts</b>	Cakes and desserts containing allowed ingredients – <i>check labels</i>	Cakes and desserts containing lupin or derivatives (e.g. ice-cream and cream-based desserts) – <i>check labels</i>
<b>Milk and cheese</b>	Milk and cheese with allowed ingredients – <i>check labels</i>	Milk and cheese containing lupin or derivatives (e.g. lupin milks) – <i>check labels</i>
<b>Beverages</b>	All beverages (e.g. tea, coffee, cordial and soft-drink) with allowed ingredients – <i>check labels</i>	Beverages containing lupin or derivatives (e.g. lupin milks, fibre enriched juices) – <i>check labels</i>
<b>Biscuits</b>	All baked products (e.g. biscuits, cakes and muffins) with allowed ingredients – <i>check labels</i>	Baked products containing lupin or derivatives – <i>check labels</i>
<b>Miscellaneous</b>	All miscellaneous with allowed ingredients (e.g. pepper, salt, sugar and sweetener) – <i>check labels</i>	Other miscellaneous items that contain lupin or derivatives (e.g. miso, confectionery and cream) – <i>check labels</i>

## References

1. Australian Society of Clinical Immunology and Allergy (ASCIA). Lupin Allergy [Internet]. Sydney: ASCIA; 2015 [cited 2 May 2018]. Available from: [https://www.allergy.org.au/images/pcc/ASCIA\\_PCC\\_Lupin\\_allergy\\_2015.pdf](https://www.allergy.org.au/images/pcc/ASCIA_PCC_Lupin_allergy_2015.pdf)
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3. FSANZ. Australia New Zealand Food Standards Code – Standard 1.2.3 – Information requirements – warning statements, advisory statements and declarations [Internet]. Majura Park: FSANZ; 2018 [cited 21 March 2018]. Available from: <https://www.legislation.gov.au/Details/F2015L00397>
4. FSANZ. Supporting Document 2 COAG Consultation Regulation Impact Statement – Proposal P1026: Lupin as an Allergen [Internet]. Majura Park: FSANZ; 2016 [cited 21 March 2018]. Available from: <https://www.foodstandards.gov.au/code/proposals/Documents/P1026%20Lupin%20as%20an%20Allergen%20CFS%20SD2.pdf>
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6. Süßmann A, Loblay R, Soutter V, et al. Lupin Exposure Study [Internet]. Sydney: Royal Prince Alfred Hospital – Allergy Unit; 2007 [cited 2 May 2018]. Available from: <https://www.slhd.nsw.gov.au/rpa/allergy/research/students/2007/AnjaSussmann.pdf>