

# LUPIN



## What is Lupin?

Lupin is a legume which is similar to soy and peanut. Lupin can be found in lots of different forms, including kernel, beans, bran and flour. Lupin isn't currently commonly found in many foods in New Zealand, but is becoming increasingly more popular because Lupin flour is high in fibre, high in protein and gluten-free.

## Why do I need to know about Lupin?

Often people with a peanut allergy are also allergic to Lupin. There is no cure for a Lupin allergy, the only way your customers can keep safe is to avoid it. Food allergies are serious and they can kill.

## What kinds of food could I find Lupin in?

- Baked goods (e.g. biscuits, cakes, breads, muffins, scones)
- Cereals
- Crumbed foods (e.g. fish, croquettes)
- Sauces, dips, spreads (e.g. mayonnaise)
- Desserts (e.g. ice cream, wafers, waffles, pancakes)
- Lollies
- Glazes
- Tofu / Tempeh
- Health drinks

## What do I need to do and when?

You need to know, and be able to provide information to customers if Lupin is found in any of the food you make or sell.