

# 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 it might become more popular because lupin flour is high in fibre, high in protein and gluten-free.

## What do I need to know about Lupin?

People have been found to be allergic to lupin. Quite often people with a peanut allergy have been found to also be allergic to lupin.

Food allergies are serious and they can kill. There is no cure for a lupin allergy – the only way your customers can keep safe is to avoid it.

## 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
- Creams and milks (e.g. lupin milk)

## What do I need to do?

You need to know if lupin is in any of the food you make or sell, so your customers can avoid it if they need to. You need to provide this information either on your food label, or face-to-face if your customer asks. See 'A guide to food labelling' on the MPI website [mpi.govt.nz/dmsdocument/2965-a-guide-to-food-labelling](https://mpi.govt.nz/dmsdocument/2965-a-guide-to-food-labelling) if you need help writing your food labels.