


Guidance on avoiding pulses/legumes



Children and
Young People's
Allergy Network
Scotland



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Introduction

Legumes are a family of foods including peas, beans and lentils. They are commonly known as pulses.

Peanuts, soya, lupin and fenugreek are also part of the legume family.

Some people with pulse/legume allergy are sensitive to all of these foods whilst others will be able to eat many of them and may only have symptoms from one or two types of pulses/legumes.

Your allergy professional will advise which to try and which to avoid. If you eat a specific food regularly without any problem you are very unlikely to become allergic to it, but if you have never tried something before you should discuss first.

Avoiding Pulses/Legumes

There are lots of different kinds of legumes. The easiest to recognise are those with the word "**pea**", "**bean**", or "**lentil**" in the name, and that look like a pea, bean or lentil. Unfortunately, some legumes do not look like this, or else they are cooked into a mush or ground into a flour, so may not be obvious to the eye.

Peas	Beans	Lentils
Green, sugar snap, snow, green split, dried, yellow split, chickpea, marrowfat, mushy, blue	Haricot (white bean/nay beans), kidney, borlotti, cannellini, flageolet, turtle, marrow, pinto, black, broad, runner, french/green/string, mung, navy, aduki/adzuki, black eyed, butter, lima, boston	Brown, red, green, white, yellow, puy, pardina

The following legumes are perhaps not so obvious from their names:

Petit pois, Mange-tout, green/yellow tuar/toor/tur/tuvar dhal	These are all kinds of pea
Garbanzo	Another name for chickpea
Black eyed pea, cowpea	These are actually beans



Masur/masoor/mung dhal, urad/urid dhal, beluga, pigeon pea	These are all kinds of lentil
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The following foods are also in the legume family, but not as closely related to peas, beans and lentils:

Soy or Soya*	<p>Soya comes from a bean, and is a legume. Fresh or frozen soya beans are also known as Edamame. Soya can be found as an ingredient, e.g.: soya flour in bread. It is used to make soy sauce. Soya is the main ingredient in soya milk, soya yoghurt and soya cheese products. It is often an ingredient in various vegetarian products.</p> <p>It is commonly used as an additive in the form of soya lecithin E322 (some people can eat this form of soya even though they react to other forms.)</p>
Peanut	A peanut is a legume and not a true nut. If you have an allergy to peanut, it does not mean you are allergic to another legume. If you are allergic to peas or lentils, it does not mean that you are allergic to peanut.
Lupin	Used to make lupin flour, found in some baked goods e.g. waffles, ice cream cones, pastries, pies, breads, pizza bases, pancakes (especially ones imported from Europe).
Carob	Rarely a cause of allergy. Used as a chocolate alternative.
Tamarind	Rarely a cause of allergy. Used in sauces e.g. Brown sauce, Worcestershire sauce
Fenugreek	Rarely a cause of allergy. Seed used as a spice e.g. in Indian food.

Note that coffee beans are not legumes.

Other foods to avoid/check	
Cereals, rice and pasta	Any containing lupin, gram flour (chickpea flour), pea flour, lentil flour.
Bread, cakes, biscuits, waffles	Any products containing lupin, gram flour, pea flour, lentil flour
Fruit	None
Vegetables	Mixed vegetables may contain peas Vegetable burgers Vegetable soups



Other foods to avoid/check	
	Salads
Meat, fish and alternatives	Processed meat products containing pea protein/pea flour- hotdogs, chicken/pork slices, burgers, sausages Chilli con carne Vegetarian foods and meat substitutes commonly contain beans/peas/lentils/chickpeas e.g. sausages, burgers, pies. Baked beans in tomato sauce
Eggs	None
Fats and oils	None
Dairy alternatives	Often contain soya or pea eg Cheezly™ soy free Vbites™, Tofutti™, some dairy free yoghurts and ice creams (soya or pea)
Crisps, savoury snacks and nuts	Hummus (contains chickpeas) Falafel (contains chickpea or other beans) Poppadom/papadum/papad (lentil flour – but how they are made means they can often be eaten by people who are allergic to other forms of lentil) Wasabi peas Bombay mix
Desserts, sweets and chocolates	Dairy free varieties can contain pea protein
Casseroles/stews/soups	Pea/beans
Indian, Chinese, Mexican food	Chilli (e.g. con carne) - kidney beans Chinese fried rice (pea) Biryani (peas), dahl (lentils), onion bhaji, pakora (chickpea flour) Lentils sometimes ground up and used as spice Gram flour (chickpea) used in some Indian sweets



Please note:

It is essential to check food labels, even if you have bought the product before, as ingredients can change without warning. Remember the following:

- Always ask staff directly when eating food sold in a restaurant or takeaway.
- Names for foods and sauces can be different in different countries, even English-speaking ones e.g. US.
- Also check medicines, toiletries, beauty products and laundry products.
- Beware of handling foods known to cause allergy in their dried form, e.g. for crafts (shakers, collages etc)

There are now Apps available to help you check manufactured foods for suitability.

Food Maestro app: <https://www.foodmaestro.me/consumerapps>

This app is here to help you find products that are suitable for you quickly and easily.



Note: This guideline is not intended to be construed or to serve as a standard of care. Standards of care are determined on the basis of all clinical data available for an individual case and are subject to change as scientific knowledge and technology advance and patterns of care evolve. Adherence to guideline recommendations will not ensure a successful outcome in every case, nor should they be construed as including all proper methods of care or excluding other acceptable methods of care aimed at the same results. The ultimate judgement must be made by the appropriate healthcare professional(s) responsible for clinical decisions regarding a particular clinical procedure or treatment plan. This judgement should only be arrived at following discussion of the options with the patient, covering the diagnostic and treatment choices available. It is advised, however, that significant departures from the national guideline or any local guidelines derived from it should be fully documented in the patient's case notes at the time the relevant decision is taken.



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