**National Allergy Strategy Food Allergen Ingredient Substitution Tool**

**Before using this tool, please note the following:**

* This tool provides a list of alternative ingredients that can be substituted for allergen containing ingredients. While this document focusses on the most common food allergens, it is important to note that *any* ingredient can cause an allergic reaction. You can add other food allergens at the end of the substitution table as required.
* The tool is intended for food handlers such as cooks and chefs, kitchen staff, canteen managers and food technology teachers.
* It is not a comprehensive list and is a guide only.
* Substituting foods or ingredients requires careful consideration of food preparation methods; the safe handling of the substitute food; careful reading of food label of product to be used as substitute; and maintaining the integrity of the item to be prepared. It is recommended to test the recipe based with the ingredient substitution prior to serving it to others.
* It is therefore strongly recommended that staff complete training in food allergen management before using this tool. The following free online training and resources are available from [www.foodallergytraining.org.au](http://www.foodallergytraining.org.au):
	+ All about Allergens
	+ All about Allergens: The next step for cooks and chefs
	+ All about Allergens for Hospitals
	+ All about Allergens for Schools
	+ All about Allergens for Children’s Education and Care (CEC)
	+ All about Allergens for Camps
* A substitute food and ingredient must be checked for the presence of the food allergen every time it is used; and checked for other food allergens if an individual declares they are allergic to more than the one food you are trying to avoid.
* In children’s education and care services and schools, the substitution must be checked with and approved by the parent/guardian of a child with food allergy.
* It is important that the person using this tool understands food allergen labelling requirements, including:
* Different ingredient names for the food allergen.
* How to read a food label for the presence/absence of the food allergens required to be declared by law.
* How to read a food label if the food is NOT one of the food allergens required to be declared by law.
* How to check for precautionary allergen labelling statements (e.g. “may contain” statements)
* The substitution table is not a comprehensive list and the product information form (PIF) and food label must always be checked for allergen ingredients and precautionary allergen labelling statements before use.
* The table also highlights precautions that should be taken with alternative food products such as other allergens to be aware of for particular foods.
* Kitchens must be able to provide accurate ingredient information if a person discloses an allergy to a food – this is a legal requirement.
* It is recommended that the kitchen manager/head chef or cook document suitable ingredient substitutions for their standard recipes and menu items. The [National Allergy Strategy Standardised recipe template](https://foodallergytraining.org.au/resources/standardised-recipe-template) allows cooks/chefs to document any food allergens in the recipe.
* You may want to consider having some standard recipes on your menu that are free of the common allergy causing foods (e.g. free of peanut, milk (dairy), egg and wheat).

**Food allergen ingredient substitution table**

All food labels should be checked for the presence of food allergens.

Bulk foods must be stored and dispensed appropriately to avoid cross contamination.

|  |  |  |
| --- | --- | --- |
| Food allergen  | Suggested alternatives  | Precautions with alternatives |
| Wheat / Gluten | **Flours/baking agents*** Gluten-free flour
* Rice flour
* Soy flour
* Buckwheat flour
* Oat flour
* Potato flour
* Tapioca flour
* Maize flour
* Almond flour
* Almond meal
* Wheat-free corn flour
* Wheat-free baking powder
* Polenta
* Millet flour
* Tapioca (can be used as a thickener)
* Arrowroot (can be used as a thickener)
 | **Alternatives may contain food allergens** * GF flour may contain soy
* Soy
* Oats can contain gluten
* Almond is a tree nut
* Almond is a tree nut
 |
| **Pasta*** Gluten-free pasta
* Barley
* Millet
* Sorghum
* Amaranth
* Buckwheat
* Quinoa
 | * Check pasta for egg and soy
* Barley contains gluten
 |
| **Couscous** * Corn couscous
* Quinoa
* Potato
* Chickpea
* Lentil
* Rice
* Sorghum
* Amaranth
* Buckwheat
* Lupin
 | * Lupin
 |
| **Bread*** Gluten-free bread
 | * Check for soy**, e**gg**,** milk (dairy), sesame
 |
| **Snacks/treats*** Rice and corn crackers/cakes
* Gluten-free savoury biscuits and crackers
* Plain salted potato chips, corn chips, rice chips
* Gluten-free sweet biscuits
 | Check alternatives for allergens as direct ingredients and for ‘may contain’ type statements: * Check for soy, egg, milk (dairy), peanuts, tree nuts
* Sesame, milk, egg, peanuts, tree nuts
* Milk (dairy), egg, peanuts, tree nuts
* Milk (dairy), egg, peanuts, tree nuts
 |
| **Sauces/stock*** Gluten free soy sauce
* Gluten free gravy
* Gluten free stock powder or liquid stock
* Other gluten free sauces
 |  |

|  |  |  |
| --- | --- | --- |
| Peanut | Spreads* Cashew spread
* Almond spread
* Sunflower spread
* Legume ‘spread’ e.g. hummus
* Grain spreads, yeast spreads, jam, honey
 | Alternatives may contain food allergens Check for ‘may contain’ type allergen statements for peanut * Cashew is a tree nut
* Almond is a tree nut
* Tree nuts, sesame, wheat/gluten, milk (dairy)
 |
| **Satay sauce*** Cashew spread based satay sauce
* Almond spread based satay sauce
* Tahini based satay sauce
 | Check for ‘may contain’ type allergen statements for peanut * Tree nuts - almond, cashew, others
* Sesame, milk (dairy), wheat/gluten, soy
* Sesame
 |
| **Peanuts in savoury dishes*** Tree nuts
* Lentils, dried beans and pulses
* Water chestnuts
* Seeds – sunflower, sesame, pepita
 | * Tree nuts
* Check for peanut contamination of tree nuts
* Lupin
* Sesame
 |
| **Peanuts in desserts*** Tree nuts
* Roasted soy beans, chickpeas or peas
* Seeds – sunflower, sesame, pepita
* Puffed rice cereals, corn flakes, etc. (in some baked items)
 | Check for “may contain” type statements* Tree nuts
* Check for peanut contamination of tree nuts
* Soy
* Sesame
* Gluten/wheat
 |

|  |  |  |
| --- | --- | --- |
| Tree nuts (almond, Brazil nut, cashew, hazelnut, macadamia, pecan, pine nut, pistachio, walnut) | Spreads* Peanut spread (if not peanut allergic)
* Sunflower spread
* Legume ‘spread’ e.g. hummus
 | * Peanut
* Sesame, milk (dairy), gluten/wheat, soy
* Sesame. Check for “may contain’ type allergen statements for tree nuts
 |
| **Tree nuts in savoury dishes*** Peanuts (if not peanut allergic)
* Lentils, dried beans and pulses
* Water chestnuts
* Seeds – sunflower, sesame, pepita
 | * Check for tree nut contamination of peanuts
* Lupin
* Sesame
 |
| **Tree nuts in desserts*** Peanuts
* Seeds – sunflower, sesame, pepita
* Roasted soy beans, chickpeas or peas
* Puffed rice cereals, corn flakes, etc. (in some baked items)
 | Check for “may contain” type statements* Check for tree nut contamination of peanuts
* Peanut
* Sesame
* Soy
 |

|  |  |  |
| --- | --- | --- |
| Egg  | Binding 1 egg = * 1 tsp. egg replacer + 2 Tbsp. water
* 1 tsp. baking powder + 1 Tbsp. vinegar + 1 Tbsp. water
* 2 Tbsp. chia seeds simmered in 3 Tbsp. water
* 2 Tbsp. flaxseeds meal simmered in 3 Tbsp. water
* ½ cup mashed banana or puree apple
* ¼ cup pureed prunes
* ¼ cup mashed potato or pumpkin
* 2 tsp. potato or corn starch
 | * Baking powder may contain wheat/gluten
* Vinegar may contain wheat/gluten
 |
| **Aerate** **1 egg =** * 1 tsp. egg replacer + 2 Tbsp. water
* 1 tsp. baking powder + 1 Tbsp. vinegar + 1 Tbsp. water
* 1 Tbsp. plain agar powder dissolved in 1 Tbsp. water, whipped, chilled, whipped again
 | **Alternatives may contain food allergens** * Baking powder may contain wheat/gluten
* Vinegar may contain wheat/gluten
 |
| **Desserts****1 egg =** * Chickpea water for meringue
* 1 Tbsp. peanut butter
* ¼ cup of soft tofu
* ¼ cup yoghurt
 | * Peanut
* Soy
* Milk (dairy) and/or soy
 |
| **Spreads*** Egg free mayonnaise
 | * Soy
 |

|  |  |  |
| --- | --- | --- |
| Cow’s milk | Milk* Soy beverage
* Almond beverage
* Rice beverage
* Oat beverage
* Coconut milk
* Other cereal and nut drinks
 | * *All plant-based beverage drinks should be calcium fortified – check the label: at least 100mg per 100g*
* *Cereal, nut, and coconut beverages are low in fat and protein and are not a good main plant-based beverage for young children*

Alternatives may contain food allergens * Soy, nuts, barley, wheat, gluten, sesame, legumes
* Some coconut milks may contain milk (dairy)
 |
| **Yoghurt*** Soy yoghurt
* Coconut yoghurt
* Almond and cashew yoghurt
 | Check alternative product is calcium fortified: at least 100mg per 100gCheck alternative product has sufficient fat and protein content for young children* Check for milk (dairy) protein
* Soy

Almond and cashew are tree nuts |
| **Sour cream/cream cheese*** Soy sour cream
* Soy cream cheese
 | * Soy
* Soy
 |
| **Cheese*** Soy cheese
* Coconut cheese
* Vegan cheese
 | Check alternative product is calcium fortified: at least 100mg per 100gCheck alternative product has sufficient fat and protein content for young children* Soy - check for milk (dairy) protein
* Check coconut cheese for soy and milk (dairy)
* Vegan cheese may contain peanuts, tree nuts and soy
 |
| **Ice cream*** Soy ice cream
* Sorbet
* Milk-free gelato
* Coconut ice-cream
 | * Soy
* Peanuts and tree nuts
* Check for milk (dairy)
 |
| **Butter/margarine*** Oil
* Milk-free margarine (e.g. Nuttelex)
* Avocado
* Milk free mayonnaise
 | * Caution with sesame oil and peanut oil
* Soy
 |
| **Cream and condensed milk*** Soy cream
* Soy cooking milk
* Soy condensed milk
* Rice cream
* Coconut cream
 | * Soy
* Soy
* Soy
 |
| **Chocolate*** Soy based milk free chocolate
* Rice based milk free chocolate
* Some dark chocolate
* Cacao powder
 | * Chocolate often contains soy lecithin which is safe
* Check dark chocolate for milk content
* Peanut and tree nuts
 |

|  |  |  |
| --- | --- | --- |
| Soy | Milk (dairy)* Milk (dairy)
* Rice beverage
* Oat beverage
* Nut beverages
* Other cereal beverages
* Coconut milk
 | * *All plant-based beverage drinks should be calcium fortified – check the label: at least 100mg per 100g*
* *Cereal, nut, and coconut beverages are low in fat and protein and are not a good main plant-based beverage for young children*

Alternatives may contain food allergens * Milk (dairy), peanut and tree nuts, barley, wheat/gluten
 |
| **Yoghurt/sour cream*** Milk (dairy) based yoghurt
* Milk (dairy) based sour cream
* Coconut yoghurt
 | * Milk (dairy)
* Check for other allergens – peanut, tree nuts, wheat/gluten
 |
| **Cheese*** Cow’s milk (dairy) cheese
* Goat’s milk (dairy) cheese
 | * Milk (dairy)
* Milk (dairy)
 |
| **Cream and condensed milk*** Milk (dairy) based cream
* Milk (dairy) based condensed milk
 | * Milk (dairy)
* Milk (dairy)
 |
| **Ice cream*** Milk (dairy) based ice cream
* Milk (dairy) based sorbet
* Milk (dairy) based gelato
* Fruit sorbet
 | * Milk (dairy)
* Ice cream, sorbet and gelato may contain peanut, tree nuts and/or eggs
 |
| **Tofu*** Haloumi
 | * Haloumi contains milk (dairy)
 |
| **Soy sauce** * Coconut amino
 | * Check for wheat/gluten and sesame
 |

|  |  |  |
| --- | --- | --- |
| Fish  | * Beef, poultry, pork, lamb, lentils, dried beans and pulses, egg
 | * Egg
* Lupin
 |
| **Worcestershire and fish sauces** * Soy sauce
* Lime juice
 | * Soy
 |

|  |  |  |
| --- | --- | --- |
| Crustacean | * Beef, poultry, pork, lamb, lentils, dried beans and pulses, egg
 | * Egg
* Lupin
 |

|  |  |  |
| --- | --- | --- |
| Mollusc | Oyster and fish sauces* Soy sauce
 | * Soy
 |

|  |  |  |
| --- | --- | --- |
| Sesame | Seeds* Poppy seeds or other seeds
 |  |
| **Bread*** Unseeded bread
 | **Alternatives may contain food allergens** * Wheat, soy, milk (dairy), egg
 |
| **Oil*** Other oils such as olive oil
 | Caution with peanut oil  |
| **Tahini*** Nut spreads
 | * Peanuts and tree nuts
 |

|  |  |  |
| --- | --- | --- |
| Lupin | Bread* Breads without lupin as an ingredient
 | * Wheat, soy, milk (dairy)
 |
| **Biscuits and bakery items*** Biscuits/bakery items without lupin as an ingredient

**Protein powders/supplements for vegetarian and vegan diets** | * Wheat, gluten, sesame, egg, soy, milk (dairy)
 |

|  |  |  |
| --- | --- | --- |
| Other Food Allergens:1. *For example, rice* |  |  |
| 2. |  |  |
| 3.  |  |  |