**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.

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| 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 |  |

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| 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 |

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| 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 |

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| 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 |

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| 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 100g  Check 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 100g  Check 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 |

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| 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 |

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

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

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

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| 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 |

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| 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) |

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