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ਜੇ ਤੁਹਾਨੂੰ ਤਜਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

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यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Legume Allergy Information for Parents

Department of Paediatrics: Allergy and Nutrition



ADDITIONAL SUPPORT

The **Anaphylaxis Campaign** is a national charity that can provide support and information. Contact: The Anaphylaxis Campaign

P.O. Box 275,
Farnborough, Hampshire GU14 6SX
Helpline: 01252 542029
<https://www.anaphylaxis.org.uk/>

<https://www.allergyuk.org/>

USEFUL WEBSITES

The British Dietetic Association: <https://www.bda.uk.com/>
Anaphylaxis Organisation: <https://www.anaphylaxis.org.uk/>

Further Information

We endeavor to always provide an excellent service, but should you have any concerns please, in the first instance, raise these with the Clinical Nurse Leader, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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to check food labels thoroughly even if you are buying a product, you have bought before as recipes do sometimes change.

Only three legumes are amongst the 14 regulated allergens: peanut, soya and lupin. Other legumes are not protected by the labelling laws which means they will NOT be in bold on a food label. The same applies when eating out.

Guar gum, carob, and locust bean gum (extracted from carob) are not generally problems for people allergic to legumes. They are chemicals extracted from guar beans and used as thickening and stabilizing agents in food. However, the refining process means they should not trigger the reaction.

Children (or adults) who are sensitive may also have skin reactions to legumes in their dried form used in craft activities e.g., collages using lentils.

KEY MESSAGES:

- Always be vigilant when food is around
- Check food labels
- Be proactive when eating out
- Carry prescribed medication everywhere
- Learn how and when to use your adrenaline auto-injector
- Ensure that asthma is well managed.

INTRODUCTION

Legumes are a family of foods including peas, beans, lentils, soya, peanuts, tamarind, and fenugreek.

Pulses are dried legumes. For example, fresh peas are called legumes, whilst dried peas are called pulses.

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

WHAT ARE THE SYMPTOMS THAT COULD OCCUR?

Mild symptoms may include:

- Tummy pain and vomiting
- Itching
- Redness of the skin
- Urticaria (nettle rash or hives), often around the mouth
- Swelling e.g., in the lips
- Cough

Symptoms of severe cases may include:

- Wheeze
- Anaphylaxis (throat swelling / choking, breathing difficulty and collapse)
- Some people may get a rash on skin contact with legumes.

People at risk of severe reactions should always carry preloaded adrenaline (EpiPen / Jext) in order to treat a severe reaction. If you have been told you need an EpiPen / Jext in clinic today, you should have been shown how to use it. Please contact your allergy nurse if you are unsure how to use it. If you use an EpiPen/Jext you must always call an ambulance. You should also carry an antihistamine to treat mild reactions.

AVOIDING LEGUMES

There are many different types of peas and beans in the legume family. These include:

Peas:

Green pea	Sugar snap pea (sometimes called snow-pea)
Mange-tout	Split / dried pea

Beans:

Kidney bean	Cannellini bean	Pinto bean
Borlotti bean	Black turtle bean	Navy bean
Flageolet bean	Runner bean	French / Green / String bean
Mung bean	Adzuki bean	Black-eyed bean / pea
Lima / butter bean	Garbanzo bean	Broad bean / fava bean

Lentils:

Brown lentil	Red lentil	Puy lentil
Green lentil	Beluga lentil	Pardina lentil

Other:

Chickpeas,
Soya (including edamame beans)
Peanuts and
Tamarind
Lupin
Fenugreek

If you currently eat any of these foods without problems, you may continue to do so.

LEGUMES MAY BE FOUND IN A WIDE RANGE OF FOODS, INCLUDING:

- Vegan, Vegetarian and gluten free foods (e.g., sausages, burgers, pies)
- Vegetable soups and salads
- Sausages and burgers (may contain pea protein)
- Hummus (contains chickpeas)
- Falafel
- Poppadom's, dahls, bhajis, dosa and pakoras
- Chinese foods (mange tout and sugar snap peas in stir fries)
- Mexican food (e.g., Chili, refried beans)
- Mixed nut snacks or 'healthy' snacks
- Sports supplements
- Worcestershire sauce and BBQ sauce

This list is not exhaustive and food labels must be checked as manufacturers may change ingredients without warning. It is important