

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:
 - 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](#) 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 <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • GF flour may contain soy • Soy • Oats can contain gluten • Almond is a tree nut • Almond is a tree nut
	Pasta <ul style="list-style-type: none"> • Gluten-free pasta • Barley • Millet • Sorghum • Amaranth • Buckwheat • Quinoa 	<ul style="list-style-type: none"> • Check pasta for egg and soy • Barley contains gluten
	Couscous <ul style="list-style-type: none"> • Corn couscous • Quinoa • Potato • Chickpea • Lentil • Rice • Sorghum • Amaranth • Buckwheat • Lupin 	<ul style="list-style-type: none"> • Lupin
	Bread <ul style="list-style-type: none"> • Gluten-free bread 	<ul style="list-style-type: none"> • Check for soy, egg, milk (dairy), sesame
	Snacks/treats <ul style="list-style-type: none"> • Rice and corn crackers/cakes • Gluten-free savoury biscuits and crackers 	Check alternatives for allergens as direct ingredients and for 'may contain' type statements: <ul style="list-style-type: none"> • Check for soy, egg, milk (dairy), peanuts, tree nuts • Sesame, milk, egg, peanuts, tree nuts • Milk (dairy), egg, peanuts, tree nuts

	<ul style="list-style-type: none"> • Plain salted potato chips, corn chips, rice chips • Gluten-free sweet biscuits 	<ul style="list-style-type: none"> • Milk (dairy), egg, peanuts, tree nuts
	Sauces/stock <ul style="list-style-type: none"> • Gluten free soy sauce • Gluten free gravy • Gluten free stock powder or liquid stock • Other gluten free sauces 	

Peanut	Spreads <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • Cashew is a tree nut • Almond is a tree nut • Tree nuts, sesame, wheat/gluten, milk (dairy)
	Satay sauce <ul style="list-style-type: none"> • Cashew spread based satay sauce • Almond spread based satay sauce • Tahini based satay sauce 	Check for 'may contain' type allergen statements for peanut <ul style="list-style-type: none"> • Tree nuts - almond, cashew, others • Sesame, milk (dairy), wheat/gluten, soy • Sesame
	Peanuts in savoury dishes <ul style="list-style-type: none"> • Tree nuts • Lentils, dried beans and pulses • Water chestnuts • Seeds – sunflower, sesame, pepita 	<ul style="list-style-type: none"> • Tree nuts • Check for peanut contamination of tree nuts • Lupin • Sesame
	Peanuts in desserts <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • Peanut spread (if not peanut allergic) • Sunflower spread • Legume 'spread' e.g. hummus 	<ul style="list-style-type: none"> • Peanut • Sesame, milk (dairy), gluten/wheat, soy • Sesame. Check for "may contain" type allergen statements for tree nuts
	Tree nuts in savoury dishes <ul style="list-style-type: none"> • Peanuts (if not peanut allergic) • Lentils, dried beans and pulses • Water chestnuts • Seeds – sunflower, sesame, pepita 	<ul style="list-style-type: none"> • Check for tree nut contamination of peanuts • Lupin • Sesame

	Tree nuts in desserts <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • Check for tree nut contamination of peanuts • Peanut • Sesame • Soy
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Egg	Binding 1 egg = <ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Baking powder may contain wheat/gluten • Vinegar may contain wheat/gluten
	Aerate 1 egg = <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • Baking powder may contain wheat/gluten • Vinegar may contain wheat/gluten
	Desserts 1 egg = <ul style="list-style-type: none"> • Chickpea water for meringue • 1 Tbsp. peanut butter • ¼ cup of soft tofu • ¼ cup yoghurt 	<ul style="list-style-type: none"> • Peanut • Soy • Milk (dairy) and/or soy
	Spreads <ul style="list-style-type: none"> • Egg free mayonnaise 	<ul style="list-style-type: none"> • Soy

Cow's milk	Milk <ul style="list-style-type: none"> • Soy beverage • Almond beverage • Rice beverage • Oat beverage • Coconut milk • Other cereal and nut drinks 	<ul style="list-style-type: none"> • <i>All plant-based beverage drinks should be calcium fortified – check the label: at least 100mg per 100g</i> • <i>Cereal, nut, and coconut beverages are low in fat and protein and are not a good main plant-based beverage for young children</i> Alternatives may contain food allergens <ul style="list-style-type: none"> • Soy, nuts, barley, wheat, gluten, sesame, legumes • Some coconut milks may contain milk (dairy)
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	Yoghurt <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • Check for milk (dairy) protein • Soy Almond and cashew are tree nuts
	Sour cream/cream cheese <ul style="list-style-type: none"> • Soy sour cream • Soy cream cheese 	<ul style="list-style-type: none"> • Soy • Soy
	Cheese <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • Soy ice cream • Sorbet • Milk-free gelato • Coconut ice-cream 	<ul style="list-style-type: none"> • Soy • Peanuts and tree nuts • Check for milk (dairy)
	Butter/margarine <ul style="list-style-type: none"> • Oil • Milk-free margarine (e.g. Nuttelex) • Avocado • Milk free mayonnaise 	<ul style="list-style-type: none"> • Caution with sesame oil and peanut oil • Soy
	Cream and condensed milk <ul style="list-style-type: none"> • Soy cream • Soy cooking milk • Soy condensed milk • Rice cream • Coconut cream 	<ul style="list-style-type: none"> • Soy • Soy • Soy
	Chocolate <ul style="list-style-type: none"> • Soy based milk free chocolate • Rice based milk free chocolate • Some dark chocolate • Cacao powder 	<ul style="list-style-type: none"> • Chocolate often contains soy lecithin which is safe • Check dark chocolate for milk content • Peanut and tree nuts

Soy	Milk (dairy) <ul style="list-style-type: none"> • Milk (dairy) • Rice beverage • Oat beverage • Nut beverages • Other cereal beverages • Coconut milk 	<ul style="list-style-type: none"> • <i>All plant-based beverage drinks should be calcium fortified – check the label: at least 100mg per 100g</i> • <i>Cereal, nut, and coconut beverages are low in fat and protein and are not a good main plant-based beverage for young children</i> Alternatives may contain food allergens <ul style="list-style-type: none"> • Milk (dairy), peanut and tree nuts, barley, wheat/gluten
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	Yoghurt/sour cream	<ul style="list-style-type: none"> • Milk (dairy) based yoghurt • Milk (dairy) based sour cream • Coconut yoghurt 	<ul style="list-style-type: none"> • Milk (dairy) • Check for other allergens – peanut, tree nuts, wheat/gluten
	Cheese	<ul style="list-style-type: none"> • Cow's milk (dairy) cheese • Goat's milk (dairy) cheese 	<ul style="list-style-type: none"> • Milk (dairy) • Milk (dairy)
	Cream and condensed milk	<ul style="list-style-type: none"> • Milk (dairy) based cream • Milk (dairy) based condensed milk 	<ul style="list-style-type: none"> • Milk (dairy) • Milk (dairy)
	Ice cream	<ul style="list-style-type: none"> • Milk (dairy) based ice cream • Milk (dairy) based sorbet • Milk (dairy) based gelato • Fruit sorbet 	<ul style="list-style-type: none"> • Milk (dairy) • Ice cream, sorbet and gelato may contain peanut, tree nuts and/or eggs
	Tofu	<ul style="list-style-type: none"> • Haloumi 	<ul style="list-style-type: none"> • Haloumi contains milk (dairy)
	Soy sauce	<ul style="list-style-type: none"> • Coconut amino 	<ul style="list-style-type: none"> • Check for wheat/gluten and sesame

Fish	<ul style="list-style-type: none"> • Beef, poultry, pork, lamb, lentils, dried beans and pulses, egg 	<ul style="list-style-type: none"> • Egg • Lupin
	Worcestershire and fish sauces	<ul style="list-style-type: none"> • Soy sauce • Lime juice

Crustacean	<ul style="list-style-type: none"> • Beef, poultry, pork, lamb, lentils, dried beans and pulses, egg 	<ul style="list-style-type: none"> • Egg • Lupin
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Mollusc	Oyster and fish sauces	<ul style="list-style-type: none"> • Soy sauce 	<ul style="list-style-type: none"> • Soy
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Sesame	Seeds	<ul style="list-style-type: none"> • Poppy seeds or other seeds 	
	Bread	<ul style="list-style-type: none"> • Unseeded bread 	Alternatives may contain food allergens
	Oil	<ul style="list-style-type: none"> • Other oils such as olive oil 	Caution with peanut oil
	Tahini	<ul style="list-style-type: none"> • Nut spreads 	<ul style="list-style-type: none"> • Peanuts and tree nuts

Lupin	Bread	<ul style="list-style-type: none"> • Breads without lupin as an ingredient 	<ul style="list-style-type: none"> • Wheat, soy, milk (dairy)
	Biscuits and bakery items	<ul style="list-style-type: none"> • Biscuits/bakery items without lupin as an ingredient 	<ul style="list-style-type: none"> • Wheat, gluten, sesame, egg, soy, milk (dairy)
	Protein powders/supplements for vegetarian and vegan diets		

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