

Additional support

Contact details

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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
www.anaphylaxis.org.uk

www.allergyuk.org

Visit these websites to access a free demonstration of EpiPen or Jext

EpiPen: www.epipen.co.uk

Jext: www.jext.co.uk

Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment please speak to a member of staff or contact the Patient Advice and Liaison Service (PALS):

Freephone: 0800 183 0204

From a mobile or abroad: 0115 924 9924 ext 65412 or 62301

E-mail: pals@nuh.nhs.uk

Letter: NUH NHS Trust, c/o PALS, Freepost NEA 14614,
Nottingham NG7 1BR

www.nuh.nhs.uk

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Legume allergy

Information for parents



This information can be provided in different languages and formats. For more information please contact the:

Children's Clinic
Tel: 0115 9249924 ext. 62661/64008

Legume allergy

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

Some individuals with 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 legumes.

Symptoms

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 carry preloaded adrenaline (Epipen/Jext) at all times in order to treat one of these severe reactions. If you have been told you need an Epipen/Jext in clinic today you should have been shown how to use it. If you have not been shown how to use it, please contact Debra Forster (details at the back of this leaflet). 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
Soyabean		

Lentils:

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

Peanuts and **chick peas** are also in the legume family.

Many people with a legume allergy will only be sensitive to one or two beans or peas on this list. 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:

- Vegetarian foods (e.g. sausages, burgers, pies)
- Vegetable soups
- Sausages and burgers (may contain pea protein)
- Hummus (contains chick peas)
- Falafel
- Chinese and Indian dishes
- Mexican food (e.g. Chilli)
- Salads

This list is not exhaustive and food labels must be checked as manufacturers may change ingredients without warning. It is important to check food labels thoroughly even if you are buying a product you have bought before. Recipes do sometimes change. 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.