Let's Talk About...

Soy allergy

What is a soy allergy?

A soy allergy is a reaction to the protein in soybeans and soy products. Soy protein is found in many processed foods. Because of this, people with soy allergies need to read labels carefully.

Soybeans are legumes. Other legumes are navy, kidney, pinto, string beans, black-eyed peas, green peas, chickpeas, lentils, carob, licorice, and peanuts. Not everyone with a soy allergy will also react to other legumes. Your child should not restrict other legumes unless your doctor tells him to.

What are the symptoms of a soy allergy reaction?

A soy allergy reaction does not give the same symptoms in every person with a soy allergy. Some common symptoms include:

- **Skin:** itchy red rash, hives, eczema, flushing, swelling of face.
- **Digestive system:** belly pain, blood or mucous in stools, severe diarrhea, vomiting, or severe nausea or cramping, itching or swelling of the lips, mouth, tongue or throat.
- **Respiratory system (lungs):** runny nose, sneezing, wheezing, asthma, throat tightening, or difficulty breathing.
- **Cardiovascular system (heart):** rapid heartbeat, low blood pressure, passing out.

What do I do for my child with soy allergy?

To treat a soy allergy, avoid eating soy or any food that has soy in it. In some instances, refined soy oil (found in formulas) and soy lecithin will not cause allergic reaction.

How do I know if a food has soy in it?

If a food or ingredient contains soy, the food label must say so. However, sometimes the word "soy" may not appear, so you will need to know what foods are likely to mean soy is used. Look for the following words that mean "soy" such as: soy, soya, soybean, soymilk, tofu, or bean curd. See the list below for different names of foods made from soy. If you are not sure about an ingredient, contact the manufacturer. Foods that may have hidden soy in them include: baby food, baked goods, cereals, crackers, breads, coffee replacements, commercial vegetarian meats, vegetarian products, packaged meals, soups, chocolate, candy, cheese substitutes, margarine, non-dairy creamers, dairy substitutes, processed meats, protein powders and supplements, sauces, condiments, and spice mixes.

Check the food ingredient list for soy on all products you buy. All the things below contain soy:

Foods made from soy		
Beans, fermented	Okara (soy pulp)	Soy sauce
Bean sprouts from soy	Shoyu sauce	*Soy oil
Edamame (soybeans in pods)	Sobee	Soy flour
Glycine max	Soybean	Supro
*Lecithin, soy	Soybean paste	Tamari (soy granules)
Kyodufu (freeze-dried tofu)	Soy cheese	Tempeh
Monosodium glutamate (MSG)	Soy grits	Textured vegetable protein (TVP)
Monodiglyceride	Soy milk or any soy drink	Tofu
Miso	Soy nuts	Yogurt from soy
Natto (fermented soy paste)	Soy protein isolate	Yuba

* Most soy-allergic individuals may safely eat soy lecithin, and pure soy oil. Ask your doctor if your child should avoid these ingredients.

Ingredients on a label that may show the presence of soy protein are: natural flavoring, vegetable broth, vegetable gum, vegetable protein, vegetable shortening or vegetable starch. The food label should always show if the ingredients contain soy.

Can my child eat out with a soy allergy?

Eating out can be a challenge with a soy allergy. Many restaurants use soy either as a main ingredient or added to plain foods. Vegetarian, Japanese, Chinese, Thai and other Asian type meals probably have soy products in them. Fast food and other commercial products often contain soy protein and flour extenders or expanders. Check with the restaurant or the company's web site to find out if there is soy in their food.

The following tables list some general foods that are okay to eat and soy containing foods that should be avoided.

Foods your child can eat (No soy)	Foods your child should not eat (Contain soy)
Drinks	
• Carbonated drinks • Cocoa mixes (check label to see if soy-free) • Coffee • Fruit juice and other fruit drinks • Gatorade • Tea	• Cocoa mixes that contain soy • Ovaltine • Powdered drink mixes with soy • Nondairy creamers • High protein powder mixes with soy protein
Milk and dairy	
• Cheese • Whole, low-fat and skim milk • Cottage Cheese • Cream • Yogurt from dairy	• Tofu • Cheese with soy • Soy-based milks, plain or flavored • Soy infant formulas • Non dairy creamers or milk replacers • Soy yogurt
Meats and other proteins	
• All fresh meat, fish and poultry • Fish, poultry, meat canned in water. • Baby food meats or combination dinners without soy proteins	• Baby food meats or combination dinners with soy • Breaded or self-basting meats, fish and poultry with soy

Foods your child can eat (No soy)	Foods your child should not eat (Contain soy)
Meats and other proteins (continued)	
• Cold cuts without soy • Eggs, plain • Kosher frankfurters • Prepared dinners without soy protein • Beans and lentils prepared without soy • Nuts, peanut butter; without soy	• Canned tuna or other fish in oil • Cold cuts or frankfurters may have soy • Imitation bacon bits • Meat extenders • Commercially prepared dinners may have soy • Frozen dinners • Vegetarian burgers and sausages • Tofu • Soy protein isolate
Fruits	
• Fresh, frozen or canned fruits • Baby food fruits without soy	• Canned or frozen fruits processed with soy
Vegetables	
• Plain, fresh, frozen, cooked or canned vegetables • Vegetable juices	• Any breaded, canned or frozen vegetables with soy • Potatoes, instant, with soy • Soy beans, edamame • Mixed sprouts • Salads with sprouts
Breads, Cereals and Pasta	
• All-purpose flour and cake flour • Bread and rolls without soy flour • Cold or hot cereals without soy flour or protein • Crackers made without soy • Pasta, macaroni, noodles and spaghetti without soy	• Bread and rolls with soy • Cold or hot cereals with soy • Granola and granola bars • Mixed grain breads and cereals • English muffins • Crackers made with soy • Pancake and waffle mixes made with soy • Pasta, macaroni, noodles and spaghetti prepared with soy

Foods your child can eat (No soy)	Foods your child should not eat (Contain soy)
Breads, Cereals and Pasta (Continued)	
	• Pretzels and chips with soy • Soy flour, meal, grits, or fiber • Zwieback
Soups	
• Soups without soy or soy products	• Soups made or prepared using soy • Some bouillon cubes Examples: Campbell's cream of celery and cream of chicken contain soy protein isolates
Fats	
• Avocados • Bacon • Butter or margarine - no added soy • Coconut (milk or shredded) • Gravy mixes if no added soy • Oils, non-soy • Olives • Peanut butter, natural • Salad dressings without soy • Sour cream, cream cheese	• Butter or margarine with soy • Gravy mixes with soy • Imitation sour cream • Imitation bacon bits • Non-dairy creamers or powdered coffee cream with soy protein • Oils with soy (may be ok in some people) • Peanut butter with soy • Salad dressings with soy • Vegetable shortenings with soy • Vegetable oil sprays
Desserts and Sweets	
• Angel food cake • Cakes or cookies, without soy flours • Candies without soy • Gelatin • Ice cream without soy • Puddings and pies without soy	• Cakes or cookies with soy • Cake icing with soy • Candy (even chocolate) with soy • Ice cream with soy • Pudding mixes containing soy • Tofutti

Foods your child can eat (No soy)	Foods your child should not eat (Contain soy)
Miscellaneous	
• Artificial sweeteners • Ketchup • Honey • Jam and jellies • Mustard • Pickles • Popcorn without soy • Seasonings without soy • Spaghetti and other sauces without soy • Sugar • Maple syrup • Corn syrup	• Bac-os bacon flavored chips with soy • McCormick salad toppings with textured soy flour, soy nuts, or hydrolyzed vegetable protein • Soy sauce (shoyu, tamari, soya) • Spaghetti sauces with soy • Steak sauce with soy • Stir-fry sauce with soy • Worcestershire sauce containing soy • Barbecue sauces • Asian sauces or seasonings • Tamari • Miso • Tempeh • Natto

What should I do for my child when he goes to school?

For information about allergies and school, visit this website: ***http://www.foodallergy.org/files/media/food-allergy--anaphylaxis-network-guidelines/SchoolGuidelines.pdf***

Other Resources

Books

- The Parent's Guide to Food Allergies *by Marianne S. Barber*
- Dealing with Food Allergies: A Practical Guide to Detecting Culprit Foods and Eating a Healthy, Enjoyable Diet *by Janice Vickerstaff Joneja;*
- Food Allergy Field Guide: A Lifestyle Manual for Families *by Theresa Willingham*
- Caring for your Child with Severe Food Allergies: Emotional Support and Practical Advice from a Parent Who's Been There *by Lisa Cipriano Collins*

- Allergy-Free Cooking for kids: A Guide to Childhood Food Intolerance with 80 Recipes *by Antionette Savill*
- The Complete Guide to Food Allergy and Intolerance : Prevention, Identification, and Treatment of Common Illnesses and Allergies Caused *by Food by M.D. Jonathon Brostoff*
- The Food Allergy Survival Guide: Living and Thriving with Food Allergies and Sensitivities, *by Versanto Mesina, Dina Aronson, Jo Stepaniak,*

Online Resources

- www.foodallergy.org
- www.utahfoodallergy.org
- www.aaaai.org/patients/publicedmat/tips/foodallergy.stm
- www.nlm.nih.gov/medlineplus/foodallergy.html
- http://kidshealth.org/parent/medical/allergies/egg_allergy.html#
- www.nal.usda.gov/fnic/foodcomp/search/

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