

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. Only restrict other legumes if your child's doctor said to.

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

Skin reactions:

- itchy red rash
- hives
- eczema
- flushing
- swelling of face

Digestive system reactions:

- belly pain
- blood or mucous in stools
- severe diarrhea
- vomiting
- severe nausea or cramping
- itching
- swelling of the lips, mouth, tongue or throat

Respiratory system (lungs) reactions:

- runny nose
- sneezing
- wheezing
- asthma
- throat tightening
- difficulty breathing

Cardiovascular system (heart) reactions:

- rapid heartbeat
- low blood pressure
- passing out

What do I do for my child with soy allergy?

To treat a soy allergy, your child should avoid eating soy or any food that has soy in it. In some instances, refined soy oil (found in formulas) and small amounts of soy lecithin will not cause allergic reaction. You and your child will need to read labels on food for soy products.

What do we look for when my child and I read food labels?

- 1 Labels on food that are regulated by the FDA have to say if the food contains the 8 most common food allergens: milk, egg, soy, wheat, peanuts, tree nuts, shellfish, or fish. Always read the ingredient list to be sure and check all food labels carefully. Manufacturers may change ingredients without warning.
- 2 Allergen Advisory Statement—"May contain [allergen]" or "Produced in a facility that also produces products containing [allergen]."

Ingredients

Whole Oats, Brown Rice Syrup, Rice Crisps (Milled Rice, Sugar, Salt, Barley Malt), Diced Apples, Evaporated Cane Juice Syrup, Raisins, Roasted Soy Beans, Almond Butter, Honey, Pear and Grape Juice Concentrate, Brown Rice Flour, Soy Protein Isolate, Glycerin, Natural Flavors, Cinnamon, Nonfat Milk

Contains milk, nut and soy ingredients. Made on equipment that also processed peanuts and wheat.

- 3 Avoid any food product that contains an Advisory Statement for your child's food allergies.

What are some names for soy on food labels?

The following table has some names for soy and soy products.

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

*Most soy-allergic individuals may safely eat soy lecithin, and pure soy oil (except cold-pressed, expeller-pressed, or extruded soybean oil). Ask your doctor if your child should avoid these ingredients.

Foods that may have soy product in them		
Baby food	Coffee replacements	Packaged meals
Baked goods	Commercial vegetarian meats	Processed meats
Breads	Condiments	Protein powders and supplements
Candy	Crackers	Sauces
Cereals	Dairy substitutes	Soups
Cheese substitutes	Margarine	Spice mixes
Chocolate	Non-dairy creamers	Vegetarian products

Ingredients that may contain soy		
Natural flavoring	Vegetable gum	Vegetable shortening
Vegetable broth	Vegetable protein	Vegetable starch

Will my child get enough nutrients by avoiding soy?

Soybeans can provide one of the highest quality proteins in a child's diet. They also contain thiamin, riboflavin, iron, phosphorus, magnesium, calcium, zinc and vitamin B6. Unless your child eats large amounts of soy, the small amounts of soy in processed foods do not supply a lot of these nutrients. A soy-restricted diet will not pose any nutritional risk if your child is eating a variety of fruits, vegetables, enriched and fortified grains, and tolerated sources of protein.

Nutrient's Lost When Avoiding Soy	Suggested Alternate Sources (if not allergic)
Protein, Thiamin, Riboflavin, Iron, Calcium, Zinc, Vitamin B6	Increase other protein foods such as meat, fish, poultry, legumes, eggs, dairy (if safe for your child), fruit, vegetables, leafy greens and enriched grains

What type of foods can my child eat?

The following tables list general foods that are safe to eat and foods to avoid. Always read the food ingredient list for soy on all products you buy.

Foods your child can eat (No soy)	Foods your child should NOT eat (Contain soy)
Breads, Cereals, and Pasta	
<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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 Pretzels and chips with soy Soy flour, meal, grits, or fiber Zwieback
Desserts and Sweets	
<ul style="list-style-type: none"> Angel food cake Cakes or cookies, without soy flours Candies without soy Gelatin Ice-cream without soy Puddings and pies without soy 	<ul style="list-style-type: none"> Cakes or cookies with soy Cake icing with soy Candy (even chocolate) with soy Ice-cream with soy Pudding mixes containing soy Tofutti
Drinks	
<ul style="list-style-type: none"> Carbonated drinks Cocoa mixes (check label to see if soy-free) Coffee Fruit juice and other fruit drinks Gatorade Tea 	<ul style="list-style-type: none"> Cocoa mixes that contain soy Powdered drink mixes with soy Non-dairy creamers High-protein powder mixes with soy protein

Foods your child can eat (No soy)	Foods your child should NOT eat (Contain soy)
Fats	
<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Butter or margarine with soy • Gravy mixes with soy • Imitation sour cream • Non-dairy creamers or powdered coffee cream with soy protein • Oils with soy (may be okay in some people) • Peanut butter with soy • Salad dressings with soy • Vegetable shortenings with soy • Vegetable oil sprays
Fruits	
<ul style="list-style-type: none"> • Baby food fruits without soy • Fresh, frozen or canned fruits 	<ul style="list-style-type: none"> • Canned or frozen fruits processed with soy
Meats and other Proteins	
<ul style="list-style-type: none"> • All fresh meat, fish, and poultry • Baby food meats or combination dinners without soy proteins • Beans and lentils prepared without soy • Cold cuts without soy • Eggs, plain • Fish, poultry, meat canned in water • Kosher frankfurters • Nuts, peanut butter; without soy • Prepared dinners without soy protein 	<ul style="list-style-type: none"> • Baby food meats or combination dinners with soy • Breaded or self-basting meats, fish, and poultry with soy • Canned tuna or other fish in oil • Cold cuts or frankfurters: may have soy • Commercially prepared dinners; may have soy • Frozen dinners • Imitation bacon bits • Meat extenders • Soy protein isolate • Tofu • Vegetarian burgers and sausages
Milk and Dairy	
<ul style="list-style-type: none"> • Cheese • Cottage cheese • Cream • Whole, low-fat, and skim milk • Yogurt from dairy 	<ul style="list-style-type: none"> • Cheese with soy • Nondairy creamers or milk replacers • Soy-based milks, plain or flavored • Soy infant formulas • Soy yogurt • Tofu

Foods your child can eat (No soy)	Foods your child should NOT eat (Contain soy)
Soups	
<ul style="list-style-type: none"> • Soups without soy or soy products 	<ul style="list-style-type: none"> • Some bouillon cubes • Soups made or prepared using soy (Examples: Campbell's Cream of Celery, and Cream of Chicken contain soy protein isolates)
Vegetables	
<ul style="list-style-type: none"> • Plain, fresh, frozen, cooked, or canned vegetables • Vegetable juices 	<ul style="list-style-type: none"> • Any breaded, canned, or frozen vegetables with soy • Mixed sprouts • Potatoes, instant, with soy • Salads with sprouts • Soy beans, edamame

What about foods outside of the home?

School/Daycare—Do the following:

- Ask your child's school/daycare about their allergy action plan.
- Tell the school/daycare about your child's allergies.
- Give the school written allergy information, emergency contact information,
- Give the school a photo of your child

Everywhere—Teach your child the following:

- Which foods are safe and unsafe
- Not to trade food with others
- Not to eat any food with unknown ingredients
- What their allergic symptoms are
- How and when to tell an adult about allergy-related problems
- How to read food labels

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. Here are some tips to remember when eating out:

- Inquire about all menu items and food preparation before ordering.

- Be aware of cross-contamination. For example: serving tongs for salad items, cooking utensils for multiple foods on the grill, fryer oils used for breaded items, etc.
- Find out if your child's food is cooked on a grill that is also used for multiple types of food.
 - Ask if your child's order can be cooked on a piece of aluminum foil or in a clean pan, if that is the case.
- Print a Chef's card to bring into the restaurant or call ahead.

Learn more

You can find more information about Soy Allergy on the internet—but make sure you visit reliable websites. Not all information on the internet is trustworthy. Some good websites include:

- **Food Allergy Research and Education**
www.foodallergy.org
- **Kids with Food Allergies**
www.kidswithfoodallergies.org
- **Utah Food Allergy Network**
www.utahfoodallergy.org
- **American Academy of Allergy, Asthma, and Immunology**
www.aaaai.org
- **Academy of Nutrition and Dietetics**
www.eatright.org
- **Safe Fare eating out information**
www.safefare.org

For additional information and questions please contact the Outpatient Dietitians at Primary Children's Hospital at 801.662.1601.

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