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

**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].”

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.

<table>
<thead>
<tr>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>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</td>
</tr>
</tbody>
</table>

Contains milk, nut and soy ingredients. Made on equipment that also processed peanuts and wheat.
Foods that may have soy product in them

<table>
<thead>
<tr>
<th>Foods made from soy</th>
<th>Nutrient’s Lost When Avoiding Soy</th>
<th>Suggested Alternate Sources (if not allergic)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans, fermented</td>
<td>Protein, Thiamin, Riboflavin,</td>
<td>Increase other protein foods such as meat, fish, poultry, legumes, eggs, dairy (if safe for your child), fruit, vegetables, leafy greens and enriched grains</td>
</tr>
<tr>
<td>Okara (soy pulp)</td>
<td>Iron, Calcium, Zinc, Vitamin B6</td>
<td></td>
</tr>
<tr>
<td>*Soy oil</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bean sprouts from soy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shoyu sauce</td>
<td>Soy flour</td>
<td></td>
</tr>
<tr>
<td>Soy flour</td>
<td>Soy flour</td>
<td></td>
</tr>
<tr>
<td>Edamame (soy-beans in pods)</td>
<td>Soybean</td>
<td>Supro</td>
</tr>
<tr>
<td>Soybean sauce</td>
<td>Soybean paste</td>
<td>Tamari (soy granules)</td>
</tr>
<tr>
<td>Glycine max</td>
<td>*Lecithin, soy</td>
<td>Soy cheese</td>
</tr>
<tr>
<td>Soybean paste</td>
<td>Soy cheese</td>
<td>Tempeh</td>
</tr>
<tr>
<td>*Lecithin, soy</td>
<td>Soy cheese</td>
<td></td>
</tr>
<tr>
<td>Kyodufu (freeze-dried tofu)</td>
<td>Soy grits</td>
<td>Textured vegetable protein (TVP)</td>
</tr>
<tr>
<td>Soy grits</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Miso</td>
<td>Soy milk or any soy drink</td>
<td>Tofu</td>
</tr>
<tr>
<td>Soy milk or any soy drink</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monodiglyceride</td>
<td>Soy nuts</td>
<td>Yogurt from soy</td>
</tr>
<tr>
<td>Soy nuts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monosodium glutamate (MSG)</td>
<td>Soy protein isolate</td>
<td>Yuba (bean curd)</td>
</tr>
<tr>
<td>Soy protein isolate</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Natto (fermented soy paste)</td>
<td>Soy sauce</td>
<td></td>
</tr>
<tr>
<td>Natto (fermented soy paste)</td>
<td></td>
<td></td>
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</tbody>
</table>

*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.

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.

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)

- 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

### Foods your child should NOT eat
(Contain soy)

- 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

- Baby food fruits without soy
- Fresh, frozen or canned fruits
- Canned or frozen fruits processed with soy

### Meats and other Proteins

- 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

### Milk and Dairy

- Cheese
- Cottage cheese
- Cream
- Whole, low-fat, and skim milk
- Yogurt from dairy

- Cheese with soy
- Nondairy creamers or milk replacers
- Soy-based milks, plain or flavored
- Soy infant formulas
- Soy yogurt
- Tofu

### Soups

- Soups without soy or soy products
- Some bouillon cubes
- Soups made or prepared using soy (Examples: Campbell’s Cream of Celery, and Cream of Chicken contain soy protein isolates)

### Vegetables

- Plain, fresh, frozen, cooked, or canned vegetables
- Vegetable juices
- 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.