

SOY FREE DIET

AVOIDING SOY

An allergy to soy is **common in babies and young children**, studies show that often children outgrow a soy allergy by age 3 years and the majority by age 10. Soybeans are a member of the legume family; examples of other legumes include beans, peas, lentils and peanut. It is important to remember that children with a soy allergy **are not necessarily allergic to other legumes**, request more clarification from your allergist if you are concerned. Children with a soy allergy may have nausea, vomiting, abdominal pain, diarrhea, bloody stool, difficulty breathing, and or a skin reaction after eating or drinking soy products. These symptoms can be avoided by following a soy free diet.



*What foods are **not allowed** on a soy free diet?*

- **Soy beans and edamame**
- **Soy products**, including tofu, miso, natto, soy sauce (including sho yu, tamari), soy milk/creamer/ice cream/yogurt, soy nuts and soy protein, tempeh, textured vegetable protein (TVP)
- **Caution with processed foods** - soy is widely used manufactured food products – remember to carefully read labels.
 - Soy products and derivatives can be found in many foods, including baked goods, canned tuna and meat, cereals, cookies, crackers, high-protein energy bars, drinks and snacks, infant formulas, low-fat peanut butter, processed meats, sauces, chips, canned broths and soups, condiments and salad dressings (Bragg's Liquid Aminos)

USE EXTRA CAUTION WITH ASIAN CUISINE: Asian cuisine are considered high-risk for people with soy allergy due to the common use of soy as an ingredient and the possibility of **cross-contamination**, even if a soy-free item is ordered.



ALWAYS AVOID FOODS THAT CONTAIN SOY, INCLUDING THE FOLLOWING INGREDIENTS:

Edamame	Soy Sprouts
HVP (Hydrolyzed Vegetable Protein)	Soy Yogurt
Lecithin (or Soy Lecithin)*	Soya
Miso	Soybean (curd, granules)
Natto	Soybean Oil, Cold-pressed
Sho yu	Tamari
Soy	Tempeh
Soy Albumin	Tofu
Soy Cheese	TVP (Textured Vegetable Protein)
Soy Fiber	
Soy Flour	
Soy Formula	*Soy lecithin may be safe per individual - ask your Allergist
Soy Grits	
Soy Ice Cream	
Soy Milk (or Soy Creamer)	
Soy Nuts	
Soy Protein (Concentrate, Hydrolyzed, Isolate)	
Soy Sauce	

USE CAUTION, THE FOLLOWING MAY CONTAIN SOY:

- Asian Cuisine
- Baked Goods
- Candies
- Cereal
- Cheese Substitutes
- Coffee Replacements
- Commercial Fruit Products
- Commercial Vegetable Products
- Desserts
- Meats (processed – cold cuts, sausage, hamburger)
- Milk or Cream Replacements
- Pastas (processed)
- Sauces (processed)
- Soups (processed)
- Vegetable Broth
- Vegetable Gum
- Vegetable Oil Sprays
- Vegetable Starch





What about highly refined soybean oil?

The FDA **exempts highly refined soybean oil from being labeled as an allergen**, this means that highly refined soybean oil **may be safe to consume** if you have a soy allergy. Studies have shown most individuals with a soy allergy to safely eat soy oil that has been highly refined (*not cold-pressed, expeller-pressed or extruded soybean oil*) – however if your child has a soy allergy, your Allergist will advise if it is safe to consume.

POTENTIAL NUTRITIONAL DEFICIENCIES ON AN SOY- FREE DIET

When you remove soy from a diet, it is important to include the special nutrients that are lost from removing soy, especially if this was previously a key food in your child's diet.



What nutrients are important in soy? What are good food sources of these missing nutrients?

- **Protein:** Animal meats and seafood (Chicken, Turkey, Fish, Beef, Lamb, Pork), Eggs, Beans & Lentils & Legumes, Nuts & Seeds, Whole grains— Quinoa, Millet, Teff, Barley (minimal protein)
- **Folate:** Lentils, Pinto Beans, Garbanzo Beans, Asparagus, Spinach, Dark Leafy Greens, Broccoli
- **Riboflavin:** Almonds, Asparagus, Crimini mushrooms, Eggs, Spinach, Turkey
- **Phosphorus:** Scallops, Sardines, Pumpkin Seeds, Cod, Tuna, Lentils, Shrimp
- **Thiamin:** Sunflower Seeds, Black Beans, Navy Beans, Barley, Green Peas, Oats
- **Vitamin B6:** Tuna, Turkey, Beef, Chicken, Salmon, Sweet Potato, Potato, Sunflower Seed, Spinach, Banana

ALTERNATIVES TO SOY

Substituting soy depends on how you are using soy ingredients in a recipe:

Miso: “Chick Pea Miso” is soy free and can be used just as you would soy based miso in soups and etc.

Soy Sauce: “Coconut Aminos” is a soy free product that can be used just as you would soy sauce

Soy Protein Powder: Whey Protein powder or Dry (Cow's) Milk Powder is made from dairy cow's milk proteins and can be used in smoothies or etc.

Tofu: In a stir fry or soup, use an alternative protein such as cubes or chicken, meat or other legumes

Packaged Salad Dressing: These frequently contain soybean oil, make your own salad dressing at home with a 60:40 ratio of olive oil and acidic liquid (choose either balsamic, red wine or other good vinegar, or lemon juice), salt and pepper to taste and your choice of minced garlic, shallot, fresh herbs as you have in the refrigerator.

*Cooking at home and using less-processed (or natural) products will **ensure a lower overall risk** to inadvertent soy exposure – however always remember to read labels for hidden ingredients that are derived from soy beans.*