

SOY ALLERGY DIET

AVOID ALL SOURCES OF SOY PROTEIN

Avoiding products made with soy is difficult. Soybeans have become a major part of processed food products in our country. Soybeans and soybean products are found in baked goods, canned tuna, cereals, crackers, infant formulas, sauces, and soups.

In the processing of most soybean oils, the protein portion is removed. Studies have shown that most people with a soy allergy may safely eat soy lecithin and soybean oil.

READ FOOD LABELS

Knowing how to read a food label will help you avoid problems caused by soybean protein in foods.

Terms that mean the product **does** contain soybean protein:

| | |
|---|----------------------------------|
| edamame | soy bean (granules, curd) |
| hydrolyzed soy protein | soy protein |
| miso | Tamari |
| shoyu sauce | Tempeh |
| soy (albumin, fiber, flour, grits, nuts, milk, sprouts) | textured vegetable protein (TVP) |
| soy protein (concentrate, isolate) | tofu |
| soy sauce | |
| soya | |

Terms that **may** mean the product contains soybean protein:

| | |
|------------------------------------|------------------|
| flavoring (natural and artificial) | vegetable gum |
| vegetable broth | vegetable starch |

PROVIDE MISSING NUTRIENTS

Soybeans alone aren't a major food in the diet, but because they are in so many products, eliminating all those foods can result in a vitamin deficiency. As a precaution, give your child a daily vitamin pill. Work with a dietitian to be sure your child's nutritional needs are met.