

Soybean / Soya bean- Free-from Diet Instructions

Please use this diet sheet under the supervision of a registered dietitian

Soy Protein Allergy

Soy is a legume. Soy and peanuts are the most allergenic of the family *Leguminosae*, which contains over 30 species, including fresh and dried peas, fresh and dried beans, all types of lentils, soya beans, carob, and licorice. Research studies indicate that symptomatic reactivity to more than one member of the legume family is rare. Because a person is allergic to peanut and/or soy, it does not follow, therefore, that the person will also be allergic to other members of this family. Reactions to peanut, soy, and other legumes are managed as separate allergies.

Symptoms of Soy Allergy

Soy is a rare cause of anaphylaxis, but can cause symptoms such as asthma, rhinitis, urticaria, angioedema, and gastrointestinal disturbances. Up to 43% of infants who are allergic to cow's milk are thought to develop an allergy to soy when given soy-based infant formulas, (see *Composition of Infant Formulae*, page 264 for a discussion of soy-based infant formulas). Like cow's milk, soy is a frequent contributor to dermatitis (eczema) in atopic children.

Allergy to soy protein is similar to allergy to cow's milk protein in many ways. In infants, soy allergy can cause loose stools and diarrhea, vomiting, abdominal discomfort, irritability, crying, intestinal blood loss, anaemia, and failure to thrive. Respiratory symptoms include coughing, wheezing, asthma, and rhinitis; skin symptoms include urticaria, angioedema, and atopic eczema.

Sources of Soy Protein

Soy protein occurs in a wide range of manufactured foods and infant formulas, and thus is difficult to avoid. As with peanut oil, pure soy oil is not considered allergenic unless contaminated by the protein, which is difficult to detect in the manufactured product. Sometimes the presence of soy in a manufactured food is not immediately obvious. On a food label, soy may be indicated by terms such as "textured vegetable protein" or "hydrolyzed plant protein," or by the use of lecithin, which is often derived from soy. As well, oriental foods such as tempeh, tofa, miso, and bean curd are largely soy, although this may not be obvious to anyone unfamiliar with these foods.

Method: Soy-free Diet

General Information on Products Containing Soy

Soy beans and soy products have become a major component in manufactured food products in recent years. They occur in many processed foods, infant formulas, breakfast cereals, baked goods, crackers, soups, packaged meals, and sauces.

Although pure soy oil is usually non-allergenic and does not cause a reaction in soy-allergic individuals, it is possible that the oil will be contaminated with soy protein in its manufacture. Therefore, people who are very allergic to soy are advised to avoid soy oil also, although most will tolerate a small amount of the oil without any difficulty.

Most manufactured foods that contain soy will indicate the presence of soy protein on the label. Sometimes the word "soy" or "soya" may not appear, so persons who are soy allergic are advised to become familiar with terms that indicate the likely presence of soy.

Unlabeled products such as bulk foods, unwrapped breads and baked goods may contain soy, especially if flour is an ingredient. People who are allergic to soy are advised not to purchase these products unless the specific ingredients can be determined.

Although pure soy oil is non-allergenic, it is wise to avoid products containing soy oil, especially where it is listed as the main ingredient, such as in soy-based margarine and soy oil-based cooking sprays because of the possibility of the presence of soy protein. Cold-pressed soy oil is likely to contain significant quantities of the protein.

Feeding the Soy Allergic Infant

Proteins from soy in the mother's diet can pass into the breast milk and cause a reaction in the soy-allergic infant.

If the breast-fed infant is allergic to soy protein, the elimination of all soy and soy containing products from the mother's diet should be beneficial. If soy elimination only partially eases the infant's distress, exposure diaries carefully kept by the mother may isolate other possible dietary or medication irritants.

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	Foods Allowed	General Foods Restricted
Milk and Dairy:	All milk and dairy is allowed in a soy free diet except those listed under foods restricted.	All milk and dairy is allowed in a soy free diet except those listed under Restricted - Specific: Milk and Dairy. Butter (dairy) Chocolate Milk / Cream substitute
Bread and Cereal:	All breads and cereals are allowed in a soy free diet except those listed under foods restricted.	No breads and cereals are restricted in a soy free diet except those listed under specific foods restricted (Breads and Cereals). Biscuits / Cookies Bread Bread (buns) Bread (rolls) Bread (white) Flour products Wheatburger
Vegetables:	All fresh, frozen or canned vegetables and their juice extracts are allowed, unless they are prepared or combined with soy or products of soy.	No fresh, frozen or canned vegetables and their juice extracts are restricted, unless they are prepared or combined with soy or products of soy, e.g. soya sprouts or mixed sprouts. Burger (vegetable)
Legumes:	All plain legumes (except soy and tofu)	All legume dishes prepared or combined with soy or products of soy. Edamame, Shoyu sauce, Soya cheese, Soya milk, Soya nut butter, Soya sprouts, Soya yoghurt, Terripeh, Tereyaki sauce. Soya (Tofu) / Soya Bean Curd Soya bean paste / Miso (fermented) Soya condiments Soya oil / Soy oil Soya sauce / Soysauce Soya sausage Soybean lecithin Textured vegetable protein / TVP (soya)

Fruit:	All fresh, frozen or canned fruit and their juice extracts are allowed, unless they are prepared or combined with soy or products of soy.	No fresh, frozen or canned fruit and their juice extracts are restricted, unless they are prepared or combined with soy or products of soy.
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Meat, Poultry & Fish:	All unprepared fresh or frozen meat, poultry and fish. All plain eggs are allowed in a soy-free diet. Fish canned in water.	Any Meat, poultry and fish prepared or combined with soy. Eggs prepared or combined with soy or soy products. Cold cuts Meat (hamburger patties) Meat (paste) Meat (pate) Meat (processed) Meat (sausage) Wieners
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Nuts & Seeds:	All plain, pure nuts and seeds All pure nut and seed oils All pure nut and seed butter Tahini Almond butter Peanuts Peanut butter	Nuts of undisclosed origin
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Fats & Oils:	Butter Cream Pure vegetable, nut or seed oil with their sources revealed (except soya) Lard and meat drippings Gravy from meat drippings Pure olive oil spray Peanut oil	Salad dressings with unrevealed oil source Margarine unless source of oil is revealed to be soya free Vegetable oil Shortening Vegetable oil sprays besides olive oil spray Margarine
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Spices & Herbs:	All pure herbs and spices and blends of herbs and spices without added oil are allowed in a soy free diet.	Seasoning packets with oils that are not specified Sauces containing soya BBQ Oriental Worcestershire sauce HVP, HPP, TVP
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Miscellaneous:	Plain sugar Honey Molasses Maple syrup Corn syrup Pure baking chocolate Cocoa Artificial sweetener Pure jam and jellies Homemade cookies and candies with ingredients revealed	All other chocolate, marzipan, cookies and candies unless sources are revealed to be soya free Worcestershire sauce
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Unreferenced Sources / Other:	Cake icing Canned fish in oil Cheese substitutes
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Chocolate bars (unless sources are revealed)
 Commercial fruit products
 Commercial vegetable products
 Dessert mixes (unless indicates soy free)
 Frozen desserts (unless indicates soy free)
 Frozen dinners (check, may contain)
 Frozen french fries
 Ice-cream (unless indicates soy free)
 Imitation bacon bits
 Kinnoko flour
 Kyodofu
 Minced beef (check, may contain)
 Natto
 Natural flavouring
 Oiled or polished fruit
 Oiled or polished vegetables
 Okara
 Salad dressing (containing soy)
 Soy grits, soy meal, soya albumin, soya bran, soya concentrate, soya fibre, soya formula.
 Soybean granules
 Supro
 Tamari
 Textured soy flour
 Vegetable oil sources (as soya oil is often included in the blend)
 Yakidofu
 Yuba

Soybeans are often used in the manufacturing of machine oils, printers ink and stockfeed.

Soya proteins may also be found in adhesives, blankets, body lotions and creams, enamel paints, fabric finishes, fabrics, fertilizers, flouring materials, lubricants, nitroglycerine, paper and soaps.

The following may contain soya: gum arabic, margarine, mono or diglyceride, olean, vitamin E, modified food starch.

Soy lecithin may be used in some asthma inhalers, e.g., Flovent.

Ingredient terms to avoid on labels

Arabic gum (Gum Arabic)
 Bulking agent
 Carob
 Emulsifier
 Guar gum
 Hydrolysed vegetable protein (HVP)
 Lecithin §
 Miso
 Protein extender
 Soya flour
 Soya nuts

Soya panthetol
Soya protein
Soya protein isolate or concentrate
Soya sauce
Soybean
Soybean oil
Stabiliser
Starch
Textured vegetable protein (TVP)
Thickener
Tofu
Vegetable broth
Vegetable gum
Vegetable starch

Label Alerts

CHECK LABELS ON ALL PROCESSED FOODS - if a food label is absent, unclear or vague - it is best to avoid it. Read all labels, even familiar brands, as manufacturers may change suppliers or ingredients.

See <http://AllAllergy.net> - Food Alerts, and, <http://www.safetyalerts.com>

Substitutes

Reminders

Medic Alert ?
Cross reactivity ?

Free-from Recipes and Related Information

http://allallergy.net/recipes/recipes_soya.cf