



Dietary Guide - Soy Allergy

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Soy is found in many foods, and often in foods we do not suspect. Avoiding soy is essential for people with confirmed soy allergy. It is important to read and understand food labels to be able to choose the right foods.

The following foods and ingredients CONTAIN soy and should be avoided:

Bean curd	Soy desserts	Soy sauce
Edamame	Soy flour	Soy yoghurt
Miso	Soy formula	Tamari
Soya beans	Soy ice cream	Tempeh
Soy bean paste	Soy milk	Teriyaki
Soy bean sprouts	Soy protein isolate	Tofu
Soy cheeses		

Check labels on the following foods to see if they contain soy, and if they do avoid them:

Allergy friendly breads	Crumbed meats and fish	Pancakes
Bread/breadcrumbs/bakery items	Deli salads	Pizza
Cakes and biscuits	Flavoured milk drinks	Soup mixes
Cereals including baby cereals	Flavourings	Stock cubes
Chocolate flavourings	Gelato/sorbet	Taco shells
Chocolate nut spread	Homemade bread mixes	Textured/hydrolysed vegetable protein
Chocolates and sweets	Mayonnaise type dressings	Vegetarian foods

The following ingredients are made from soy but can be eaten by most people with soy allergy:

Soy lecithin (additive number 322) and soya bean oil.

Other legumes such as chickpeas, kidney beans and lentils are tolerated by most people that are allergic to soy.

Soy free bread alternatives:

Most breads are made with a starter containing soy. Options for soy free breads include:

- Home-made bread.

- Check your local baker, greengrocer, delicatessen or supermarket for soy free breads.
- Sourdough bread is usually soy free, but should be checked.
- Crumpets.
- Many flat breads such as Lebanese or Indian bread, wraps, and mountain breads.

Soy milk substitutes

Instead of:	Use:
For a child less than 12 months of age: Soy infant formula.	Breast milk or cow's milk formula. If allergic to cow's milk, a hydrolysed cow's milk formula or amino acid formula. Rice, oat or nut-based drink is NOT suitable for a child <12 months. Speak with a clinical immunology/allergy specialist to choose the best milk for your child.
For a child older than 12 months of age: Soy drink.	Cow's milk. If allergic to cow's milk use rice or oat drink and choose one with at least 120 mg calcium/100 ml. If using these beverages, guidance from a dietitian is recommended. Speak with a clinical immunology/allergy specialist to choose the best milk alternative for your child.
Soy yoghurt	Cow's milk yoghurt.
Soy cheese, soy sour cream	Cow's milk cheese, and sour cream.
Soy ice cream	Cow's milk ice cream, sorbet, gelato.

The food lists included in this document are not exhaustive.

People with food allergy should check foods labels each time products are purchased.

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