**Soy Allergy**

**What is a soy allergy?**

A soy allergy is how the body’s immune system reacts in an abnormal way to the protein in soy. Soybeans are in the legume family (kidney beans, lentils, peas and peanuts). Some people are allergic to more than one type of legume.

**What are some of the symptoms of an allergic reaction to soy milk protein?**

*Some of these are immediate reaction, some occur over time*

* Wheezing or asthma like
* Nausea and/or vomiting
* Skin reaction (hives, eczema, acne)
* Loose stools (sometimes containing streaks of blood and/or mucus)
* Diarrhea, abdominal cramping
* Skin rash
* Slowed weight gain and/or height (failure to thrive)
* Runny nose
* Swelling or itching
* Fever, weakness
* Pink eye (conjunctivitis)

**What kind of formula should I use for my child?**

If your child is only allergic to soy, you can use regular non soy based formula. However, about half the children with milk allergy are also allergic to soy. In these cases you will need to switch to a hypoallergenic formula. This can be Extensively Hydrolyzed Formulas (Nutramigen, Pregestimil and Alimentum) or Elemental Formulas (Neocate or Elecare).

**Items on food label that contain soy or soy beans:**

* **Edamane (soybeans)**
* **Soya**
* **Soy Milk**
* **Soy Protein**
* **Soy Sauce**
* **Worcestershire Sauce**
* **Soybean (granules or curd)**
* **Soy (flour, Fiber, Albumin, grits, nuts, fruits, sprouts)**
* **Soy Protein**
* **Tofu**
* **Tamari**
* **Miso**
* **Most Asian Foods (both packaged and served in restaurants)**
* **Flavoring (natural or artificial)**
* **Vegetable Starch**
* **Vegetable broth or gum**
* **Textured vegetable protein (TVP)**
* **Cereals**
* **Baking goods**
* **Some infant formulas**

**NOTE:** Some studies show that some soy allergic individuals may safely eat soy, lecithin and soy oil. Please ask your child’s doctor for more information

**I am breastfeeding, do I need to stop?**

As a mother, avoiding milk products in your diet may have a protective effect against having an allergy. If you decide to avoid soy, you may need extra protein, fiber, vitamin B6 and iron in your diet from other sources

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| Food Group | Allowed  | Not Allowed |
| Breads and Grains | Baked goods, breads, rolls, crackers, waffles, and cereals that do not contain any soy flour products or soy milk, most hot cereals | Break prepared with soybeans, flour, such as muffins, pancakes, biscuits, rolls, buns, stuffing, cereals, mixes, granolas and natural cereals. |
| Potatoes and Other Starches  | Potato, sweet potato, rice, soy-free pastas prepared without soy | Soy-containing macaroni, noodles, pasta, commercial pasta, and rice in sauces, instant potatoes, canned and dry pizza mixes |
| Vegetables | All vegetable-fresh, frozen, canned or dried | Fruits in commercial baked goods |
| Fruits | All fruits- fresh, frozen, canned  | Any fruits prepared with milk, cream or butter |
| Milk and Milk Products | Cow’s milk, cheese, yogurt | Soy milk, coffee substitutes, non-dairy creamers, milk substitutes |
| Meat & Meat Substitutes | Plain meats, most cheeses, plain eggs, all nuts except for soy nuts | Textured vegetable protein, meat extenders, soy nuts, tofu, commercial frozen patties, hamburgers extenders, lunch meats, hot dogs, sausage, meat loaf, some processed cheeses, canned tuna in vegetable oil |
| Desserts and Sweets | Homemade ice cream, pastries, pudding, pies, cakes, doughnuts, frosting, sauces, candy without soy, honey, jelly, jam, molasses, syrups, sugar | Non-dairy whipped topping, commercially made cakes, dumplings, ice cream, cones, pies, or any other that has soybeans. |
| Fats and Oils | Butter | Vegetable oil, margarine, mayonnaise, salad oil, salad dressing vegetable oil sprays. Shortening unless specified non- soy |
| Seasonings and Condiments | Homemade salad dressing, mayonnaise, pure spices and seasoning, pure beef or chicken broth | Soy sauce, teriyaki sauce, some steak sauces, Worcestershire sauce, some flavor enhancers |
| Miscellaneous | Homemade soups, noodle soups made with soy free noodles, cow’s milk, coffee, tea, fruit juices, carbonated beverages, vegetable juices | Commercial soups, canned and dry mixes, non-dairy creamer, drink mixes, soy milk, milk substitutes, beer, and wine. |

**Resources for parents:**

**Books:**

*The Parent’s Guide to Food Allergies*by Marianne S. Barber

*Caring for the Child with Severe Food Allergies* by Lisa Cipriano Collins, M.A., M.F.T.

*Food Allergies and Adverse Reactions* by Judy E. Perkin

**Websites:**

*The Food Allergy and Anaphylaxis Network* [**http://www.foodallergy.org/**](http://www.foodallergy.org/)

*American Academy of Allergy, Asthma, and Immunology*[**http://www.aaaai.org/home.aspx**](http://www.aaaai.org/home.aspx)

Place to buy specialty foods online. [**http://foodallergygrocer.com/**](http://foodallergygrocer.com/)

**Cornerstone Lactation Services**

**Savannah Pressley, IBCLC**

[**www.cornerstonepediatrics.org**](http://www.cornerstonepediatrics.org) **🏵 (919) 460-0993**