

Dietary avoidance – soy allergy

Soy is found in many foods and often in foods we do not suspect. Avoiding soy is essential for individuals with confirmed soy allergy. Therefore, it is important to read and understand food labels to be able to choose appropriate foods.

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

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

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
	Meat substitutes	
	Packaged sauces and gravy	

The following ingredients are made from soy but are tolerated by the vast majority of individuals with soy allergy:

- Soy lecithin (Additive No 322) and soya bean oil.

Other legumes such as chickpeas or kidney beans and lentils are tolerated by most individuals allergic to soy. Sometimes allergy specialists may recommend testing with the actual food prior to consumption.

Soy free bread alternatives:

Most breads are made with a starter containing soy. This can make avoiding soy difficult. Options for soy free breads include:

- Home-made by hand or using a bread maker and allowed flours.
- Check your local baker, greengrocer, delicatessen or supermarket for soy free breads – sourdough bread is usually soy free, but you still need to check.
- Crumpets.
- Many flat breads such as Lebanese or Indian bread, wraps, mountain breads.

Soy milk substitutes

Instead of:	Use:
For a child <12 months: Soy infant formula	For a child < 12 months: Breast milk, cow's milk formula, if allergic to cow's milk, a hydrolysed cow's milk formula or amino acid formula. Note: Rice, oat or nut based drink is NOT suitable as a drink for a child <12 months. Speak with a medical professional to choose the most appropriate one based on your child's diagnosis.
For a child >12 months: Soy drink	For a child >12 months: 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 medical professional to choose the most appropriate milk alternative based on your child's diagnosis.
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.

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

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Disclaimer

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