



Soy-Free Diet

Patient and Family Education

What foods contain soy?

Soybeans are not often consumed in our country; however, soybeans are commonly used in most processed foods.

What items on a food label contain soybeans?

The following ingredients contain soy and should be avoided:

Miso	Tempeh
Shoyu sauce	Textured vegetable protein (TVP)
Soy (flour, grits, nuts, milk, sprouts)	Tofu
Soy sauce	Soy albumin
Tamari	

These label ingredients *may* indicate the presence of soy protein:

Hydrolyzed plant protein	Vegetable broth
Hydrolyzed soy protein	Vegetable gum
Hydrolyzed vegetable protein	Vegetable starch
Natural flavoring	

Note: Studies show that *some* soy-allergic individuals may safely eat soy lecithin and soy oil. Ask your child's doctor or clinical nutritionist for more information.

Why is soy lecithin safe to eat?

Soy lecithin is a mix of fatty contents obtained from the processing of soybeans. The majority of soy-allergic children do not have trouble with soy lecithin.

Can my child's diet be nutritious without soybeans?

Yes. Soybeans provide calcium, folacin, iron, magnesium, phosphorus, riboflavin, thiamin, Vitamin B₆, and zinc. Although soybeans are frequently found in processed foods, a diet can still be adequate by eating a well balanced diet with limited processed foods.

A word of caution:

Food manufacturers may occasionally change the ingredients in the product without warning. It is a good idea to ***always*** read the product label before using it. It is much easier to prevent a food-allergic reaction than to treat one.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency room right away.

This is general information and is not specific medical advice for your child. Always consult your child's doctor or other healthcare provider if you have any questions or concerns about the care or health of your child. A Children's Healthcare of Atlanta pediatric advice nurse is available 24 hours a day at 404-250-KIDS.

Soy-Free Diet, continued

What foods can my child eat?

FOOD GROUPS	FOODS ALLOWED	FOODS TO AVOID
Breads and grains	Breads, rolls, bagels, crackers, waffles, and pancakes not containing soy flour or soy milk, most hot cereals (oatmeal, cream of wheat), commercial cereals not containing soy	Breads, rolls, hamburger and hot-dog buns, crackers, stuffing, pancakes, and waffles containing soybean flour or nuts, processed breakfast cereals, English muffins, bread and cereal stuffings, biscuit and pancake mixes, granolas and natural cereals
Starches	Rice, potato, sweet potato, soy-free noodles, macaroni, and pasta	Soy-containing macaroni, noodles, pasta, commercial pasta and rice in sauces, instant potatoes, canned and dry pizza mixes
Vegetables	Fresh, pure frozen, and canned	Soy sprouts, commercially prepared vegetables that are breaded or contain soy sauce, canned and frozen Oriental style vegetables, canned and frozen vegetables in any sauce
Fruits	Fresh, cooked, canned, dried	Fruits in commercial baked goods
Milk and Milk Products	Cow's milk, cheese, yogurt	Soy milk, coffee substitutes, non-dairy creamers, milk substitutes
Meat and 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, puddings, pastries, puddings, pies, cakes, doughnuts, frostings, sauces, homemade candy without soy, honey, jelly, jam, molasses syrups, sugar	Non-dairy whipped topping, commercially made cakes, dumplings, ice cream, ice cream cones, pies, puddings, pastries, frostings, doughnuts, sauces, cookies, creamy gelatin desserts, soya ice cream products, commercial caramels, chocolate candy, gelatin candy, hard candy, nut candy, fudge, pancake syrup, chocolate chips, semi-sweet chocolate, caramels
Snack Foods	Homemade popcorn popped with corn or canola oil, rice cakes	Pretzels, potato chips, corn chips
Fats and Oils	Butter	Vegetable oil, margarine, mayonnaise, salad oil, salad dressing, vegetable oil sprays, shortening unless the type of oil is specified as non-soy oil

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Soy-Free Diet, continued

FOOD GROUPS	FOODS ALLOWED	FOODS TO AVOID
Seasonings and Condiments	Homemade salad dressing and mayonnaise, pure spices and seasoning, pure beef or chicken broth	Soy sauce, Teriyaki sauce, some steak sauces, some Worcestershire sauces, some flavor enhancers, some sandwich spreads
Beverages	Cow's milk, coffee, tea, fruit juices, carbonated beverages, vegetable juices	Coffee substitutes, drink mixes, non-dairy creamers, soy milk, milk substitutes, beer, wine
Miscellaneous	Homemade soups, noodle soups made with soy-free noodles	Commercial soups, canned and dry mixes, noodle soups, soups containing tofu (soybean curd) or non dairy creamer

What are some resources on soy-free diet?

- 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.
- Internet Web Sites
 - www.Faan@foodallergy.org
(The Food Allergy & Anaphylaxis Network)
 - www.aaaai.org
(American Academy of Allergy, Asthma & Immunology)

Who should I call if I have questions about my child's soy-free diet?

Call your child's nutritionist or your child's doctor.

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