

Soy Avoidance Nutrition Therapy

Your child has been diagnosed with a soy allergy. The only treatment for soy allergy is to strictly avoid all food products that contain a soy product ingredient.

Soy (with the exception of refined soy oil) is considered a major allergen. All manufactured food products that are regulated by the Food and Drug Administration (FDA) and contain soy as an ingredient must list the word “soy” on the product label.

High refined soybean oil is considered safe for those allergic to soy. It is therefore exempt from labeling laws.

Soy lecithin is also considered safe for most people with soy allergy. Ask your child’s doctor whether your child should avoid soy lecithin.

Soy may also be found in breads, cookies, crackers, canned broths and soups, canned tuna meat, breakfast cereals, high-protein energy bars and snacks, low-fat peanut butters and processed meats. As noted above, refined soy oil and soy lecithin are generally considered safe.

Before you buy any food product, always read the entire food label to make sure the product is safe. Remember that manufacturers may change ingredients and food preparation methods at any time.

Check all labels and verify safe food preparation techniques to determine safety. Any food that contains a soy ingredient is **not** recommended.

FOOD GROUP	RECOMMENDED FOODS
Milk and Milk Foods	<ul style="list-style-type: none"> • Milk (whole, reduced-fat, low-fat, fat-free, condensed, evaporated, or dry) • Cheese made without soy ingredients • Cream cheese • Pudding made without soy ingredients • Sour cream • Yogurt and ice cream made without soy ingredients
Meat and Other Protein Foods	<ul style="list-style-type: none"> • All fresh, frozen or canned meats (beef, veal, pork, lamb) • Fresh or frozen fish, shellfish and canned fish (without added soy ingredients) • Poultry • Eggs • Dried beans and peas (except soy) • Nuts and seeds without added soy ingredients • Processed meats and luncheon meats without added soy ingredients

FOOD GROUP	RECOMMENDED FOODS		
Grains	<ul style="list-style-type: none"> Breads, other baked goods (brownies, cakes, cookies, muffins, etc.), cereals, crackers, noodles/pasta, pancakes, pretzels, rice, rolls, tortillas, waffles, and other grain foods without added soy ingredients. 		
Vegetables	<ul style="list-style-type: none"> All fresh, frozen or canned vegetables prepared without soy ingredients 	<ul style="list-style-type: none"> 100% vegetable juices 	
Fruits	<ul style="list-style-type: none"> All fresh, frozen or canned fruit prepared without soy ingredients 100% fruit juices 		
Fat and Oils	<ul style="list-style-type: none"> Butter Margarine without soy ingredients Vegetable oils (including refined soy oil, which is considered safe for those with soy allergy) 	<ul style="list-style-type: none"> Vegetable oil spray without soy ingredients Gravies and sauces made without soy ingredients 	<ul style="list-style-type: none"> Salads and dressings made without soy ingredients
Beverages	<ul style="list-style-type: none"> All beverages without soy ingredients 		
Other	<ul style="list-style-type: none"> Pepper and salt Herbs and spices Mustard, ketchup and relish Flavoring extracts Soups and casseroles made without soy ingredients Gelatin Honey Jam, jelly, marmalade and preserves Sugar Maple syrup <p>Note: Soy lecithin is considered safe for most individuals with soy allergy</p>		

Check all labels and verify safe food preparation techniques to determine safety. Any foods prepared with allergenic ingredients are **not** recommended.

FOOD GROUP	FOODS NOT RECOMMENDED		
Soy-based Foods and Ingredients	<ul style="list-style-type: none"> Edamame/fresh soybeans Hoisin Miso Natto Shoyu sauce Soy sauce 	<ul style="list-style-type: none"> Soy foods (cheese, fiber, flour, grits, ice cream, milk, nuts, sprouts, yogurt) Soy protein (concentrate, hydrolyzed, isolate) Tamari 	<ul style="list-style-type: none"> Tempeh Textured vegetable protein Tofu
Milk and Milk Products	<ul style="list-style-type: none"> Any with added soy protein ingredients 		
Meat and Other Protein Foods	<ul style="list-style-type: none"> All fresh or frozen meats (beef, veal, pork, lamb) or poultry prepared or marinated or pre-basted with a soy ingredient Canned fish with a soy ingredient 	<ul style="list-style-type: none"> Processed meats and luncheon meats with added soy ingredients (such as reduced-fat frankfurters) Reduced-fat peanut butters 	<ul style="list-style-type: none"> Vegetarian and vegan products that contain soy ingredients
Grains	<ul style="list-style-type: none"> Breads, other baked goods (brownies, cakes, cookies, muffins, etc.), breakfast cereals, crackers, noodles/pasta, pancakes, pretzels, rice, tortillas, waffles and other grain foods made with soy ingredients 		
Vegetables	<ul style="list-style-type: none"> All fresh, frozen or canned vegetables prepared with soy ingredients 		
Fruits	<ul style="list-style-type: none"> All fresh, frozen or canned fruits prepared with soy ingredients 		
Fat and Oils	<ul style="list-style-type: none"> Margarines made with soy ingredients Gravies or sauces made with soy ingredients 	<ul style="list-style-type: none"> Expeller-pressed soy oil (this oil is not highly refined and should be avoided) 	<ul style="list-style-type: none"> Salad dressings made with soy ingredients
Beverages	<ul style="list-style-type: none"> Soy milk 	<ul style="list-style-type: none"> Soy protein shakes 	<ul style="list-style-type: none"> Other soy-containing beverages
Other	<ul style="list-style-type: none"> Nutritional bars and supplements with soy ingredients (high-protein supplements, high-energy supplements, breakfast bars and drinks, etc.) 	<ul style="list-style-type: none"> Broths and bullions with soy ingredients Marinades with soy ingredients 	<ul style="list-style-type: none"> Nondairy products with soy ingredients



Sample 1-Day Menu

This menu is designed for a 6- to 8-year-old child. Ask a registered dietician whether this menu is suitable for your child.

Breakfast	<ul style="list-style-type: none">• 2 blueberry pancakes with 1 teaspoon butter and maple syrup• 1 cup low-fat milk
Snack	<ul style="list-style-type: none">• ½ cup orange juice• 4 soy-free crackers• 1 ounce cheese
Lunch	<ul style="list-style-type: none">• Chicken salad sandwich: 2 ounces chicken, 1 Tbsp. mayonnaise, chopped celery, 1 slice tomato, 2 slices soy-free whole wheat bread• Avocado, cucumber and tomato salad with soy-free vinaigrette• 1 cup low-fat milk• 1 homemade oatmeal cookie
Snack	<ul style="list-style-type: none">• Carrots and hummus dip• Water
Dinner	<ul style="list-style-type: none">• 3 ounces barbecue pork tenderloin• ½ cup skillet potatoes• Steamed broccoli with 1 teaspoon olive oil• Fresh peach• ½ cup low-fat milk

1,374 kcal, 73 g protein, 163 g carbohydrate, 20 g fiber, 51.3 g fat