

Soy

Soy comes from soybeans, a type of legume. Soybeans can be made into soy flour, soy milk, tofu and oil, among other products.

Other names for soy:

- Bean curd (dofu, kori-dofu, soybean curds, tofu), Edamame, Kinako, Kouridofu, Miso, Hydrolyzed soy protein, Natto, Nimame, Okara, Soya, soja, soybean, soyabeans, Soy protein (isolate/concentrate), vegetable protein, Tempeh, Textured soy flour (TSF), Textured soy protein (TVP), Yuba

Possible sources of soy:

- Mono-diglyceride, Baby formulas, Baked goods and baking mixes e.g. breads, bread crumbs, cereals, cookies, Breaded foods, Bean sprouts, Beverage mixes, Chilli, pastas, stews, taco filling, tamales, Canned tuna, minced hams, Chewing gum, Cooking spray, margarine, vegetable shortening, vegetable oil, Diet drinks, imitation milk, Dressings, gravies and marinades, Frozen desserts, soy ice cream, soy pudding, yogurt, Hydrolyzed plant protein (HPP), hydrolyzed soy protein (HSP) and hydrolyzed vegetable protein (HVP), Lecithin (from soy), Monosodium glutamate (MSG), Processed and prepared deli meats e.g. burgers, meat analogs, patties, wieners, Vegetarian meat substitutes, Sauces, e.g. soy, teriyaki and Worcestershire, Seasonings, Simulated meat and fish products, Snack foods, e.g., candy, candy bars, popcorn, energy bars, Soy cheese, Soups, broths and soups mixes, miso soup, Spreads, dips, mayonnaise, peanut butter, Thickening agents, Vegetarian dishes

Non-food sources of soy:

- Cosmetics, soaps, Craft materials, soyabean crayons, soyabean ink, Glycerine, Pet food and milk substitutes for young animals, Vitamins, Candles

soy allergy affects about 0.4% of children. Soy is not as common an allergen for adults. About half of children will outgrow their soy allergies by the age of 7.

Soy Allergy Symptoms

Soy allergies may have symptoms that range from itching of the mouth to difficulty breathing. Symptoms of soy allergy usually appear within a few minutes to two hours of eating soy ingredients. They may include:

- Skin rashes, such as eczema, or hives
- Swollen, red, watery eyes (allergic conjunctivitis)
- Gastrointestinal symptoms, such as abdominal pain, nausea, diarrhea, and/or vomiting
- Difficulty breathing, wheezing, or coughing
- Swelling of lips, tongue, or face (angioedema)
- Shock (anaphylaxis)

Cross-Reactivity

Some people with peanut allergies may have cross-reactions with soy protein. People with soy allergies may cross-react with peanuts or other legumes, such as beans or peas. However, most people with soy allergy can safely tolerate other legumes. You should not avoid foods because of fear of cross-reaction, because avoiding foods may lead to developing new sensitivities.

Some people with birch pollen allergies who have oral allergy syndrome may have oral itching or swelling of the mouth, tongue, or throat after eating soy.



Infants and Soy Allergies

Soy is one of the most common allergens for infants who have not yet begun eating solid foods, because they may be fed soy-based infant formula. It is rare for babies to have a traditional Ig-E mediated food allergy to soy, but some babies may develop a Milk-Soy Protein Intolerance or Food Protein Induced Enterocolitis Syndrome (FPIES).

Infants will usually develop these sensitivities within a few months of birth, and most will outgrow them by the age of two. The most common symptom is blood-streaked stool. Some babies will experience vomiting, distended bellies, or lack of weight gain. Very rarely, babies with FPIES may experience shock.

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