

Soy Allergy

In addition to the general information about food allergies, here are some issues that people with a soy allergy should know about.

Outgrowing a soy allergy

A soy allergy is most common in infants and typically develops around three months of age. While for most children, a soy allergy will disappear within a few years, a severe soy allergy can be a lifelong condition. Consult your allergist before reintroducing your child to soy products.

Soy Oil

People who are allergic to soy may not need to avoid soy oil. Soy oils on the market tend to be refined enough to remove all of the proteins that can trigger allergic reactions. However, you should consult your allergist before eating anything made with soy oils.

Read the labels

If you're allergic to soy, the only way to avoid a reaction is to avoid all food and products that contain soy and soy derivatives. Don't eat a food or product if the label has precautionary statements such as "may contain soy". Read ingredient lists carefully and learn to identify other names for soy, such as edamame. Do not consume a food or product if there is no ingredient list or if there is a risk they might have been in contact with soy. If there is not enough information to make a decision, you can always call to ask the company or speak to a knowledgeable person at a restaurant.



Sources of soy

Given its high protein content and its value as an emulsifying and texturizing agent, soy is common in many processed foods. Carefully review ingredient lists on all processed food to identify sources of soy.

Other names for soy

Bean curd (dofu, kori-dofu, soybean curds, tofu)
Edamame
Kinako
Natto
Nimame
Okara
Soya, soja, soybean and soyabeans
Soy protein (isolate and concentrate), vegetable protein
Textured soy flour (TSF), textured soy protein (TSP) and textured vegetable protein (TVP)
Yuba

Food and products that contain or often contain soy

Bean sprouts
Bread crumbs, cereals and crackers
Breaded foods
Hydrolyzed plant protein (HPP), hydrolyzed soy protein (HSP) and hydrolyzed vegetable protein (HVP)
Imitation dairy food
Infant formula, follow-up formula, nutrition supplements for toddlers and children
Meal replacements
Meat products with fillers, for example, burgers and prepared ground meat products
Mexican foods, for example, chili, taco fillings and tamales
Miso
Nutrition supplements
Sauces, for example, soy, shoyu, tamari, teriyaki, Worcestershire
Simulated fish and meat products, for example, surimi, imitation bacon bits, vegetarian burgers
Stews, for example, in gravies
Tempeh
Vegetarian dishes



Other possible sources of soy

Baked goods and baking mixes
Beverage mixes, for example, hot chocolate and lemonade
Canned tuna and minced hams, for example, seasoned or mixed with other ingredients for flavour
Chewing gum
Cooking spray, margarine, vegetable shortening and vegetable oil
Dressings, gravies and marinades
Frozen desserts
Lecithin
Milled corn
Meat products with fillers, for example, prepared hamburger patties, hotdogs and cold cuts
Seafood -based products and fish
Seasoning and spices
Snack foods, for example, soy nuts
Soups, broths, soup mixes and stocks
Soy pasta
Spreads, dips, mayonnaise and peanut butter
Thickening agents
Mono-diglyceride
Monosodium glutamate (MSG) (may contain hydrolyzed protein)

Non-food sources of soy

Cosmetics and soaps
Craft materials
Glycerine
Milk substitutes for young animals
Pet food
Vitamins