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Soybean Allergy

Soybeans are a member of the legume family. Soy is among the main foods producing reactions worldwide, mostly, but not exclusively in infants.

General Guidelines:

1. Read all labels carefully.
2. Cross reactivity may occur with certain foods such as, peanuts, green peas, chick peas, lima beans, string beans, wheat flour, rye flour, and barley flour.
3. Vitamin E contains soybean oil.
4. Vegetable protein is often a term used for soy protein.
5. Vegetable oil is a generic term; it may be 100% soy oil or a blend of soy oil and other oils.
6. It is important to not eat meats or other foods containing lecithin, hydrolyzed vegetable protein (HVP), or textured vegetable protein (TVP)
7. Most infant formulas contain soy lecithin.

Avoid:

Tofu (soybean curd), soy flour, soy formulas, soy granules, soymilk, soy sauce, miso, tempeh, soy meal, soy protein, soy cheese, soy grits, soya, teriyaki, shoyu, tamari, natto, glycine max-lecithin, mono-diglyceride, mono-Sodium Glutamate (MSG), "natural flavoring".

Foods to watch for possible sources of Soy:

Baked goods, candies, cereals, cheese substitutes, coffee replacements, commercial fruit and vegetable products, desserts, meats (especially lunch meat, sausage, hamburger, etc), milk replacements, pasta, sauces, soups, and vegetable oil sprays.

Sources:

"Food Allergies and Adverse reactions," by Judy Perkins, 1990.

www.foodallergy.org

www.allergies.about.com

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