

Soy Allergy

A soy allergy is an overreaction of the body's immune system to soy protein. All soy and soy products must be excluded from the diet.

Symptoms

- Skin: hives, swelling of face, lips and tongue, atopic dermatitis
- Respiratory: throat tightness, nasal congestion, asthma
- Gut: vomiting, diarrhea, pain
- Anaphylaxis

Dietary Recommendations

Exclude from the diet:

- Hydrolyzed soy protein
- Kyodofu (freeze-dried tofu)
- Miso
- Okara (soy pulp)
- Shoyu sauce
- Soy (albumin, flour, grits, nuts, milk, sprouts)
- Soya
- Soybean (granules, curd)
- Soy protein (concentrate, isolate)
- Soy sauce
- Tamari
- Tempeh
- Textured vegetable protein (TVP)
- Tofu

Foods that may contain soy protein:

- Hydrolyzed protein
- Flavoring (including natural and artificial)
- Vegetable broth
- Vegetable gum
- Vegetable starch

Read food labels carefully. Many prepackaged foods contain soy.