

## Soy Elimination Diet

Soy allergy is one of the top 8 food allergies in the United States. 0.4% of children are allergic to soy. The treatment for soy allergy is to remove all soy protein from the diet. US food manufacturers are required to list ingredients by their common names for the top 8 allergenic foods.

**It is still very important you carefully read the labels of all store-bought food and clarify at restaurants that you need to avoid all forms of soy protein.**

**Read the ingredient lists on food products and avoid foods that contain the following:**

- Soy/soybeans (including soy milk, soy nuts, soy albumin, soy sauce, soy grits, soybean sprouts, etc.)
- Soya protein
- Edamame
- Hydrolyzed, modified or textured vegetable protein
- Tofu/bean curd/tempeh
- Asian sauces such as Shoyu/Tamari/teriyaki
- Miso/Natto (fermented soybeans)
- Vegetable gums or vegetable starches may contain soy
- Look for soy hidden in many processed foods, including canned broths/soups, processed meats, canned tuna, energy bars, hamburgers served at some restaurants or school lunch programs, vegetarian dishes and Asian cuisine.

**Most people who are allergic to soy may safely eat soybean oil** that is used for cooking and frying.

Most soybean oil is highly refined, which removes the protein portion of the soybean. Soy protein is the component of the food that triggers an allergy. Soy-allergic individuals should avoid cold-pressed or expeller-pressed soy oil as this could contain small amounts of soy protein, but this type of oil is rarely used as an ingredient in processed foods.

**Most individuals who are allergic to soy can safely eat soy lecithin**, which is a type of fat also unlikely to contain soy protein.