WHAT IS A SOY ALLERGY?

A soy allergy is an immune response to soy protein. When soy products are eaten, the body recognizes the soy as a harmful substance. The immune system releases massive amounts of chemicals that trigger a cascade of responses in the respiratory system, gastrointestinal tract, and/or cardiovascular system. The symptoms of an allergic reaction to soy include: asthma, stuffy nose, hives, eczema, tissue swelling, digestive disturbances and anaphylaxis.

Soybeans are part of the legume family along with peanuts, navy beans, kidney beans, black beans, pinto beans, and lentils. Products of the soybean are used in many processed foods, so individuals with soy allergies must be very cautious when choosing meals and snacks.

When dealing with a soy allergy, it is best to avoid all foods that may contain the specific allergen. It is important to know which foods commonly include soy and what ingredients indicate the presence of soy.

COMMON SOY FOODS

- Asian Cuisine • Baby Food • Bacon Bits • Baked Goods • Bread • Breakfast Cereal • Breakfast Bars • Canned Fish • Canned Soup • Chocolates • Cooking Oils • Crackers • Dessert Mixes • Frozen Dinners • Frozen Desserts • Granola Bars • High Protein Products • Ice Cream • Mayonnaise • Mayonnaise • Meat Products • Mixed Bean Dishes • Mixed Sprouts • Peanut Butter • Meal Replacement Products • Salad Dressings • Sauces (Asian, Barbeque, Gravy, Worcestershire) • Shortening • Soy Cheeses • Soy Yogurt • Stuffings • Tamari • Tofu • Vegetarian Meat Substitutes

READING A NUTRITION FACTS LABEL:

(look for these ingredients as indicators of soy)