

TOP 7 THINGS TO KNOW ABOUT SOY ALLERGY

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#1

IT'S COMMONLY DIAGNOSED IN CHILDHOOD.



A small population - 0.4 percent - of children are allergic to soy. It usually first appears under the age of three. Soy is found in many infant formulas, But good news! The majority of kids will outgrow it by age 10.

#2

SOY IS A LEGUME.



Soy is derived from soy beans. Legumes also include other beans, peas, lentils and peanuts. If you're allergic to soy, you are NOT at higher risk for allergy to another legume than to any other food.

#3

THERE ARE MANY TRADITIONAL SOY-BASED FOODS.



Soy is especially prominent in Asian cuisine. Soy-based foods include edamame, miso, soybeans, tofu, natto, shoyu, soy sauce, tamari and tempeh. Avoid anything with “soy”: soy milk, soy sauce, soybean oil, soy cheese, soy yogurt.

#4

SOY IS FOUND IN MANY PROCESSED FOODS.



Soy is found in unexpected places including infant formula, baked goods, cereal, energy bars, snacks, nut butters, chocolate, candy, canned tuna, meat, soup, broths, vegetables, sauces, vegetable oil and MSG. It's also used in processed meats, cold cuts and textured vegetable protein (TVP). Read labels carefully and ask questions.

#5

FOOD LABELS MUST INDICATE SOY WHEN PRESENT.



Food products containing soy are required by law to state this on food labels. But advisory labels are not required (for example, cross contamination, made in shared facility, storage and transportation issues). Since soy is in so many processed foods, check carefully and ask questions when in doubt.

#6

NO MATTER YOUR ALLERGY, THE BEST STRATEGY IS AVOIDANCE.



Currently there is no cure - the best strategy is to avoid soy and and foods that contain it.

- ▶ Epi shot is usually recommended for severe symptoms.
- ▶ Antihistamines are usually used for mild symptoms.
- ▶ See your doctor for guidance.

#7

**LETTING OTHERS KNOW
ABOUT YOUR SOY ALLERGY IS
AN IMPORTANT WAY TO
STAY SAFE.**



Create your **FREE** soy allergy profile at [selectivor.com](https://www.selectivor.com) and share it with others so you're never left out!



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