

# Fact Sheet

## Soy Free Diet



Soya beans are used widely in the manufacture of processed foods although they are not commonly eaten in Australia. It is important to know where to look for soy in foods by reading food labels carefully. Check the ingredient list for the word **soy**.

### Avoid foods which contain:

- Soya beans
- Soy flour
- Soy milk & soy milk products eg. soy yoghurts, soy cheeses, soy desserts, soy icecream
- Soy bean sprouts
- Edamame
- Tofu, soy bean curd
- Fermented products such as:
  - miso (soy bean paste)      tempeh      soy sauce
  - tamari      bean curd      teriyaki
  - soy protein isolate

### Foods that sometimes (but not always) contain soy include:

“Allergy” breads or flours	Flavoured milk drinks
Baby cereals	Infant formula made from soy
Bread (soy flour is used in most commercial breads)	Mayonnaise type dressings
Bread crumbs	Meat substitutes
Breakfast cereals	Packaged sauces and gravy mixes
Cakes and biscuits	Sauces and soup mixes
Cake and pancake mixes	Sausages, sausage rolls, frankfurts, pizza
Canned or jar baby foods	Stock cubes
Chocolate flavourings	Taco shells
Chocolates and sweets	Textured/Hydrolysed vegetable protein (TVP, HVP), labels must state if it is from <b>soy</b>
Crumbed meats, fish	Unlabelled processed foods eg. takeaway food
Deli meats and salads	Vegetarian foods
Gelati	
Home made bread mixes	
Flavourings	

### Note:

There is no need to avoid soy lecithin No 322. Research studies show that most people with soy allergy can safely eat soy lecithin and soybean oil.

# Fact Sheet

## Soy Free Diet



### Soy Free Bread Alternatives

Most breads are made with a starter containing soy. This can make avoiding soy very difficult to do. Options for soy free breads are:

- Home-made using a breadmaker and allowed flours
- Check your local baker, greengrocer, delicatessen or supermarket for soy free breads
- Crumpets
- Many flat breads eg Lebanese or Indian bread, wraps, mountain breads

### Soy milk substitutes

Instead of:	Use
Soy milk infant formula for a child less than one year of age. NB rice drink is NOT suitable for a child less than 1 year.	Breast milk, cow's milk formula, hydrolysed formula or amino acid formula. Speak with a medical professional to choose the right one based on your child's diagnosis
Soy drink for a child over one year of age NB rice drink is NOT suitable for a child less than one year.	Cow's milk - choose one with more than 120mg calcium /100mls milk Rice drink - choose one with more than 120mg calcium /100mls rice drink Speak with a medical professional to choose the right one based on your child's diagnosis
Soy yoghurt	Cow's milk yoghurt
Soy cheese, soy sour cream	Cow's milk cheese, and sour cream
Soy ice cream	Cow's milk ice cream, sorbet, gelato

### Calcium

Cow's milk and dairy products or soy drinks are the main source of calcium in our diet. When it isn't possible to use cow's milk or soy milk it is essential to make sure your child gets it from other sources.

Daily calcium requirements are:

	CHILDREN	BOYS	GIRLS
1 - 3 years	500mg		
4 - 8 years	700mg		
9 - 13 yrs		1000 - 1300mg	1000 - 1300mg
14 - 18 yrs		1300mg	1300mg

Ref: Nutrient Reference Values for Australia and New Zealand, 2006

# Fact Sheet

## Soy Free Diet



Add up the usual amounts of these foods each day

FOOD	CALCIUM CONTENT	QUANTITY CONSUMED	CALCIUM CONSUMED mg
Cow's milk	120 mg		
Rice drink with added calcium	120mg		
Yoghurt * 200g (1 large tub)	300 mg		
Cheese * 20g (1 slice)	180mg		
Ice cream * 2 scoops	120 mg		
Custard* -1/2 cup	150 mg		
Salmon with bones 1/2 cup	400 mg		
Sardines 1 small tin	230 mg		
Breakfast cereal with added calcium*	Check label		
Broccoli 1/2 cup	20mg		
Supplement			
Other			
<b>TOTAL</b>			

\*Check all ingredient lists carefully as they may contain cow's milk protein.  
Calcium content of foods can vary between brands

### Calcium Supplements

In some cases it may be necessary to give a calcium supplement.

Examples:

- Sandocal, (1000mg calcium/tablet) a pleasant fizzy drink which can be made up with water or juice
- Caltrate, (600mg/tablet) a tablet which can be crushed and added to food or drink
- Nature's Way Kids Calcium chewable Burstlets (200mg calcium) – strawberry flavoured. Can be chewed or popped and squeezed into mouth or food.
- Calcia (500mg) chewable lemon or orange flavoured tablet
- Calsup (500mg) mint flavoured chewable tablet

# Fact Sheet

## Soy Free Diet



### Contacts for more information

- [www.chw.edu.au/parents/factsheets/#allergy](http://www.chw.edu.au/parents/factsheets/#allergy)
- Australian Society of Clinical Immunology and Allergy (ASCIA)  
[www.allergy.org.au](http://www.allergy.org.au)
- FSANZ - Food Standards Australia and New Zealand for information on food labelling

[www.foodstandards.gov.au](http://www.foodstandards.gov.au)

Dietitian: \_\_\_\_\_

Telephone: \_\_\_\_\_

This fact sheet is for education purposes only.  
Please consult with your doctor or other health professional  
to make sure this information is right for your child.

*This document was reviewed on 24<sup>th</sup> September 2009.*

the  
children's  
hospital at Westmead

[www.chw.edu.au](http://www.chw.edu.au)

 **SYDNEY  
CHILDREN'S  
HOSPITAL  
RANDWICK**

[www.sch.edu.au](http://www.sch.edu.au)

  
Kaleidoscope  
HUNTER CHILDREN'S HEALTH NETWORK

[www.kaleidoscope.org.au](http://www.kaleidoscope.org.au)