



Soya Free Diet

This leaflet gives information on a soya free diet for those who are either allergic or intolerant to soya protein.

Introduction

Soya (soy) is a legume found in many manufactured and baked goods including bread, biscuits, cakes, crisps, Chinese foods, Indian foods, processed meats, sauces, vegetarian dishes and many other foods.

Since November 2005 manufactured pre-packaged foods sold within the European Union have been required by Law to label soya clearly in the ingredients panel where it is a component of the product, however small the amount.

The following list is a useful checklist to use in countries outside the EU where this legislation does not apply. Ingredients to look for and avoid on food labels include:

- Soya bean
- Soya bean curd (Tofu)
- Soya flour
- Soya protein
- Hydrolysed and textured vegetable proteins
- Soya Lecithin (E322) – only avoid with a very severe allergy
- Soy sauce
- Soya milk
- Soya margarine
- Soya yogurt
- Unrefined and cold pressed soya oil
- Oriental products eg Tempeh, miso.

In addition to the above soya can be hidden on an ingredients list in countries outside the EU as: vegetable stock, vegetable protein, vegetable shortening, vegetable paste, textured vegetable protein (TVP), vegetable broth, vegetable gum, vegetable starch.



To prevent your diet from becoming too restricted it is recommended that you use "**Free from soya**" lists available from your chosen supermarket and manufacturers. This information can help your diet to be varied and balanced.

Soya free foods

Fresh foods that have not been processed or had additional ingredients or seasonings added during cooking are soya free. Plain meat, fish, vegetables, salad, fruits, milk, eggs and rice are suitable choices.

For those who are also allergic other foods it is more difficult to eat a balanced diet, but with planning both a nutritious and varied diet can be achieved.

Summary

Other legumes such as beans, pulses, lentils and chickpeas are usually tolerated but if you suspect another legume may be a problem, discuss this with your doctor or dietitian.

Check all food labels carefully - especially bread, biscuits, crackers, chocolate, crisps, processed meats, ready meals, dessert, mixes, cakes, nan breads, poppadums etc.

Get up to date 'free from soya' lists - and use them when shopping, but still always check the full ingredients listing carefully.

Plan your food carefully for a balanced and varied diet

For organic very dark chocolate use Montezuma (dairy & soya free). Be aware that it is made in a factory where nuts are used regularly if you have a nut allergy. Moo brand free chocolate is also soya free and dairy free; sunflower lecithin is used instead of soya lecithin. See www.alotofchocolate.co.uk for details.

Foods you might not expect to contain soya include ice cream, bread, cakes, sausages and processed meats and around 75% of manufactured foods.

Check non-food items such as toiletries, cosmetics and medications for the presence of soya and soya derivatives if you are extremely sensitive as they have the potential to cause mild symptoms such as an itchy rash. If tolerated they can continue to be used.

Classification of Soya

Some people are able to tolerate well cooked soya but react to less processed forms of soya.

Well cooked soya	Part cooked soya	'Raw' soya
Soya flour in baked foods eg some breads Some bagels Some pitta breads Some cakes Some wraps	Custard made with soya milk	Soya milk
Cake made with soya yogurt	White sauce made with soya milk	Tofu
	Lasagne using soya milk/cheese Pizza with soya cheese	Soya yogurt
	Soya cheese on toast	Soya cheese
	Soya lecithin in chocolate and other processed foods	Soya cream cheese
		Soya cream
		Soya ice cream
		Soy sauce

Speak to your dietician for further advice if required.

Languages/ Alternative Formats

Please ask if you require this information in other languages, large print or audio format. Please contact: 01895 279973

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Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formie audio, poproś pracownika oddziału o kontakt z biurem informacji pacjenta (patient information) pod numerem telefonu: 01895 279973.

如果你需要這些資料的其他語言版本、大字体、或音頻格式，請致電01895 279 973 查詢。

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