



A guide to the home introduction of Soya

Patients name:

Date:

A Guide to Home Introduction of Soya

This guide is suitable ONLY for children who have, or are growing out of a delayed (non-IgE-mediated) allergy to soya, and have been advised by their doctor or dietitian that it is safe to start introducing soya at home.

Before you start

- Ensure your child is well and their eczema, asthma or hay-fever is well controlled.
- If your child has needed to use a salbutamol (Ventolin) or terbutaline (Bricanyl) blue inhaler in the last three days then delay starting the introduction.
- Your child should be tolerating any new medication for at least 2 weeks before starting the home introduction and should continue any regular medications as prescribed.
- Perform the home introduction in your own home. Choose a day that you have time to observe your child for at least 2 hours after they have eaten the food.

How to perform the home food introduction?

- Ensure that any soya-containing foods you give do not contain, and are not contaminated with any other foods your child is allergic to.
- Do not introduce any other new foods while introducing soya.
- If your child refuses to eat the food do not force them.
- We recommend spending at least three days at each stage before progressing to the next stage of soya introduction. You may take longer at each stage if this is more convenient, if you think your child will tolerate it better, or on the advice of your dietitian.
- Observe your child closely for at least 2 hours after they have eaten their first portion of soya, and each time you increase the portion size (see 'soya Ladder' below).
- It is a good idea to keep a food and symptom diary to help identify any delayed reactions that may occur while you are introducing soya.
- If at any time, you are unsure whether your child is having an allergic reaction, **stop giving the food**, and observe closely for any symptoms.

What if your child has an allergic reaction?

Immediate-type (IgE mediated) allergic reactions

It is very unlikely that your child will have an immediate-type allergic reaction to soya if you have been advised by your dietitian or doctor that it is safe to introduce soya at home. However, we have listed the immediate symptoms below as a precaution.

Symptoms of an **immediate-type** allergic reaction generally develop with-in minutes or up to 2 hours of eating soya and include one or more of the following: hives, red or itchy rash, runny/itchy nose, sneezing, itchy eyes, swelling of face/eyes/lips, sudden onset/persistent cough, wheeze, difficulty breathing, abdominal/tummy pain, vomiting or loose stools.

If your child develops any of these symptoms **STOP feeding them soya and seek medical advice**. You should take a photo to demonstrate symptoms. If you have an allergy action plan, please refer to it.

Delayed-type (non-IgE mediated) allergic reactions

Symptoms of a **delayed-type** allergic reaction generally develop between 2 hours and up to 3 days after eating soya and include one or more of the following: worsening eczema, abdominal/tummy pain, increased wind, nausea, constipation or loose stools. Sometimes it is difficult to work out if delayed-type symptoms are due to a food your child has eaten and may also occur for other reasons e.g. a tummy bug, being stressed or anxious.

If delayed-type symptoms occurred the first time you gave soya, stop feeding your child soya and wait at least 4 weeks before trying again. Next time start by offering a smaller amount of the food.

If symptoms occurred when you increased the portion size, or moved on to the next step of the soya ladder, go back to amount or type of soya-containing food that was tolerated. Wait 4 weeks before trying to increase the portion size again or move to the next step of the ladder.

If your child continues to have delayed allergy symptoms you should discuss with your doctor or dietitian whether to continue with the soya ladder.

Soya introduction for non-IgE-mediated allergy

We recommend you start with a ½ a teaspoon-sized portion for one day.

Then give a ¼ portion for ___ day(s) and double this every ___ day(s) until a full portion is reached.

Additional advice on dose progression:

Stage 1 | Soya lecithin

Choose one of the following options:

Microwave porridge oat sachets, ice cream wafers or cones, gravy granules (including gluten free),

Some dairy free spreads e.g. Biona sunflower spread, Rakusen Tomor

Pom Bear™ crisps, Sunbites™ crackers, Walkers™ crispy crackers

Nairn's™ gluten free chocolate biscuit, dairy free chocolate bars or buttons,

Nesquik Chocolate flavour

Offer 1 portion of a food containing soya lecithin for 3 days. If tolerated you can include foods containing soya lecithin freely in your child's diet.

Stage 2 | Baked soya in a flour matrix

Choose one of the following options:

- 1 slice bread containing soya flour (includes most shop-bought sliced breads)

Options below are also suitable for cow's milk, egg and wheat free diets:

- 1 'free from' Rich Tea or Digestive biscuit e.g. Sainsbury's, Asda (may contain nuts)

- 1 slice banana bread containing soya yoghurt (**See BOX 1 for recipe**)

- 1 home-baked cake/biscuits using soya spread or soya yoghurt as an ingredient

- 1 Schar Gluten Free bread/White Roll; 2 Schar Gluten Free Cream Crackers

Once your child is tolerating a full portion regularly you can start including baked goods which contain soya cheese as well e.g. savoury muffins (**See BOX 1 for recipe**)

Stage 3 | Fermented foods containing soya – cooked

Choose one of the following options:

1 tbsp soy sauce, teriaki sauce, tamari sauce: used in Chinese and Japanese cooking

Miso (fermented soya bean paste) e.g. ½ sachet Miso soup

1 tsp Natto, and tempeh (whole fermented soya bean) – larger portions can be included after step 6.

Stage 4	Well-cooked soya in other foods
<p>Choose one of the following options: A small portion of: -Lasagne or fish pie made with soya milk and soya cheese (See BOX 1 for recipes) -Pizza or pasta bake with soya cheese topping -Textured/hydrolysed vegetable protein (TVP/HVP) in vegetarian shepherds' pie or vegetarian bolognese (See BOX 1 for recipes) - soya nuts</p>	
Stage 5	Whole soya foods – lightly cooked
<p>Choose one of the following options: -small portion of stir fried tofu, ½ a vegetarian sausage (25g), ½ a veggie burger (50g) -125g (1 small pot) soya custard, 2-3 tablespoons white sauce made with soya milk - 20g hard soya cheese or 30g soft soya cheese (heated e.g. grilled or in pasta)</p>	
Stage 6	Whole soya foods – uncooked
<p>Choose one of the following options: -125g (1 small pot) soya yoghurt -150 ml soya milk or 200 ml soya infant formula -Soya spread/margarine, 1 tablespoon Wow butter™ 40g Edamame beans/frozen soya beans (raw)</p>	
<p>Once your child is tolerating a full portion regularly you can start including other foods containing soya.</p>	

Box 1. Baked soya recipes

<p><u>Banana Bread (10 small slices)</u> 1 large banana, mashed 1 large tablespoon cooked apple or sugar</p> <p>180g self-raising flour or wheat-free flour mix</p> <p>½ tsp cinnamon (optional) 1tsp vanilla essence 60ml vegetable oil 100g soya yoghurt plain/vanilla</p>	<p><u>Method</u> Preheat the oven to 180°C/Gas Mark 4 and line a small loaf tin with baking paper.</p> <p>Add the vanilla essence to the vegetable oil, then mix together with the mashed banana and cooked apple.</p> <p>Add the flour to the wet ingredients and mix.</p> <p>If baking a loaf bake for 25 min or for muffins bake for 15 minutes. Cool on a wire rack. (~0.4g soya protein per slice of banana bread)</p>
<p><u>Savoury muffins (makes 6)</u> 250g flour or wheat free flour mix 2 ½ teaspoons baking powder 50ml vegetable oil 250ml soya milk 60g soya cheese, grated/sliced Handful spinach (optional)</p>	<p><u>Method</u> Preheat the oven to 180°C/Gas Mark 4 and line a muffin tin with 6 cases.</p> <p>Mix the flour and baking powder. Mix the oil and soya milk together and add to the dry ingredients.</p> <p>Add the soya cheese and chopped spinach if desired.</p> <p>Loosen the mix with extra soya milk if needed</p> <p>Bake for 15-20 minutes until golden. Cool on a wire rack. (~1.8g soya protein per muffin)</p>
<p><u>Fish pie containing soya (8 portions)</u></p> <p>1kg potatoes, peeled & halved 25g soya spread 25g flour or wheat free flour mix 400ml soya milk 300-400g mixed fish e.g. cod, salmon, trout, smoked haddock</p> <p>Handful of frozen peas Handful of frozen spinach</p> <p>1 tsp mustard (Dijon or English) Seasoning</p> <p>Hard soya cheese for topping (optional)</p>	<p>Preheat the oven to 200C/180 fan/gas mark 6.</p> <p>Boil the potatoes until tender, then drain and mash them with a splash of soya milk and a spoonful of soya spread. Season to taste.</p> <p>Put the soya spread and flour in a pan and heat gently until the spread has melted, stirring regularly. Cook for around 2 minutes then gradually whisk in the soya milk. Bring to the boil, stirring regularly and cook until the sauce has thickened (around 3-4 minutes).</p> <p>Take off the heat. Stir the fish, vegetables and mustard into the sauce.</p> <p>Transfer the fish sauce to an ovenproof dish and top with the mashed potato. You could add some grated soya cheese (optional)</p> <p>Bake for 20-25 mins until golden on top. (~1.5g soya protein per portion)</p>

<p><u>Veggie Bolognese</u> (4 portions)</p> <p>½ tablespoon vegetable oil 150g soya mince ½ a small onion, chopped 1 small carrot, diced ½ clove of garlic, crushed 75ml vegetable stock ½ tin chopped tomatoes 2 tsp soya sauce Seasoning</p>	<p><u>Method</u></p> <p>Heat the oil in a non-stick pan and cook the onion and carrot for 5 minutes. Add the garlic and cook for a further minute.</p> <p>Add the soya mince, stock, tinned tomatoes, soya sauce and season with salt and pepper.</p> <p>Bring to the boil, reduce the heat and simmer for 15 minutes. Serve with cooked pasta.</p> <p>(4.8g soya protein per portion)</p>
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Notes:

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