

## Nutrition and Dietetics

# Allergy - Soya free diet

**This is a leaflet designed to give you, your family and friends, dietary information, and helpful tips on avoiding soya.**

Intolerance to the protein in soya can occur. To prevent symptoms, all soya and foods containing it must be removed from your diet. Before going on a soya free diet, you should discuss it with your doctor.

Removing soya from the diet does not put you at nutritional risk but soya does appear in a wide number of products and not eating these will affect the variety of your diet. If your reactions to soya have been severe and immediate, such as lip swelling, an immediate rash or sickness, do not re-introduce soya without first talking to your doctor or dietitian. If you have removed soya from your diet, as a trial, but have found no improvement after two weeks try slowly reintroducing soya back into your diet.

## How can I tell if a food contains soya?

### Food labelling

Every pre-packed food, including alcoholic drinks, sold in the UK and European Union (EU) must show clearly on the label if it contains any of 14 major allergens. These must be highlighted (in bold, colour or underlined) on food labels within the ingredients list. This includes **soybeans** (soya).

It is not compulsory for food manufacturers to use a warning statement – **always** check the ingredients first.



## Patient Information

Soya is added to a wide range of manufactured products. You will have to check the ingredient list on **all** manufactured foods to see if soya is present.

### **The words to look for are:**

- **Soy/soya**
- Soya protein isolate
- Soya protein / soya protein products
- Soya albumin
- Soya bean
- Soya flour
- Soya lecithin (E322)\*
- Soya milk
- Soya oil \*
- Miso
- Tempeh
- Tofu
- Edamame beans
- Textured Vegetable Protein (TVP)
- Hydrolysed Vegetable Protein (HVP)

You may be able to tolerate soya lecithin and soya oil if it is refined soya oil and not unrefined soya oil. Ask your dietitian to advise you about this.

Manufactured food ingredients change regularly **so always check the label.**

Check that any medicines or vitamin and mineral supplements are free from soya.

## Patient Information

### Suitable bread

Most ordinary commercially prepared bread and bread mixes have soya flour added to them.

These breads are less likely to contain soya, but you still need to check the ingredients:

- French-style bread
- Italian bread called ciabatta
- Pitta bread
- Naan bread
- Crumpets
- Bagels
- Tortilla wraps

If you have a bread maker or make bread, you can make soya free bread.

<b>FOOD GROUP</b>	<b>SOYA-FREE</b>	<b>FOODS WHICH CONTAIN OR MAY CONTAIN SOYA – Check all</b>
Milk products	Cows' milk and cows' milk products. Cheese – cow, goat or ewe based. Cows' milk yoghurt and fromage frais. Oat milk, pea milk, quinoa milk, hemp milk, nut milk, rice milk (if over 4½ years old) Pea desserts. Coconut yogurt	Soya milk, including soya infant formula. Some cottage cheese with added ingredients. Soya yoghurts and desserts. Some ice creams and frozen desserts Cheese substitutes Coffee whiteners or cream replacers Protein shakes

## Patient Information

<p>Meat, fish and alternatives</p>	<p>Meat, fish, shellfish – fresh, frozen or smoked without breadcrumbs, sauce or dressings.</p> <p>Lentils, chick-peas and beans (not soya beans), mung beans, kidney beans, hummus</p> <p>Eggs.</p> <p><i>*Seitan- made from wheat flour and water. Home recipe recommended. To check ingredients of shop varieties</i></p>	<p>Soya beans and products containing soya beans or textured vegetable protein including many vegetarian meals, soya mince, Quorn, tofu / Tofutti/ Kouridofu (frozen tofu), Tempeh, Yuba, Natto, Nimame, Edamame, Okara (soy pulp),</p> <p>Soja</p> <p>Some meat-based burgers, sausages and pizzas.</p> <p>Some ready-made meals, such as lasagne, microwave dinners, meat pies, curries.</p>
<p>Bread, other cereals and potato</p>	<p>Suitable bread may be difficult to find.</p> <p>100% wheat or rice breakfast cereals, porridge, muesli.</p> <p>Potato. Rice. Wheat flour, cornflour, oatmeal, barley, oats</p> <p>Dried pasta, couscous</p> <p>Some savoury snacks, such as plain potato crisps.</p> <p>Bagels, tortilla wraps</p> <p>Plain pastry</p>	<p>Most bread.</p> <p>Breakfast cereals, cake and biscuits and crackers, crispbreads</p> <p>Pasta, especially tinned.</p> <p>Many savoury snacks and snack bars</p> <p>Kinako (roasted soya flour)</p> <p>Noodle pots</p>
<p>Fruit and vegetables</p>	<p>All fruit and vegetables – fresh, frozen or tinned without a sauce or dried.</p> <p>Fruit juice.</p>	<p>Check those served in sauce.</p> <p>Fruit products</p> <p>Dried fruit coated with chocolate</p>

## Patient Information

	Instant potato, potato croquettes, oven chips, hash brown.	Sprouting soya beans Baked beans. Edamame beans. Coleslaw
Fats	Butter, soya-free margarine, ghee Olive oil. Sunflower oil, safflower oil,	Soya margarine and oil, vegetable margarine and spreads. Vegetable oil
Puddings	Dairy based desserts /custards  Rice, sago, tapioca and semolina made with milk or milk substitute (not soya milk)  Jelly. Homemade puddings.  Coconut yoghurts, ice cream, rice ice creams	Chocolate puddings, chocolate sauces, Ice cream lollies, Soya desserts, soya yogurt, soya custard, soya ice cream  Desserts made from bean curd Pancake and waffle mixes
Confectionary	Juice based ice lollies. Dairy and rice chocolate Carob	Plain chocolate. Dairy free soya-based chocolate  Soft jellies and gums  Mints, chewing gum
Drinks	Fruit juice, squash, cordials  Milkshake syrups  Fizzy drinks (not for young children)  Tea, coffee (not for young children). Cocoa  Fruit tea	Instant Horlicks and hot drinking chocolate  Cappuccino coffee including the toppings  Milkshake made with soya milk  Milkshake powders  Protein shakes  Vending Machine Drinks  Cocktails, craft beers

## Patient Information

Miscellaneous	Jam, honey, marmalade, syrup, treacle Beef and yeast extracts Salt, pepper, herbs, spices Tomato Sauce, Tomato puree Seafood sauce Chutney Sauces made with milk or milk substitute Food colourings, oil-based salad dressings Sugar	Many Chinese dishes and Japanese dishes Soup. Soya sauce. Worcester sauce. Miso. Teriyaki sauce. Tamari sauce, Oyster sauce, Sandwich spread. Mayonnaise. Salad cream. Stock cubes. Gravy powders. Seasoned salt Packet sauce mixes – sweet and savoury. Some baby foods Potato crisps and other snacks Liquid meal replacers
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## What can I eat?

### Breakfast

Fresh fruit or fruit juice

Breakfast cereal – check the label - with milk

Rolls or crumpets – check the label - with butter and yeast extract or jam or marmalade

### Snack meal

Plain meat, fish, cheese, egg or lentils

Salad or vegetables

Potato, rice, suitable pasta (could be used in a salad) or chapatti or suitable crackers

Yoghurt or fruit

### Main Meal

Meat, fish, egg, cheese or lentil meal

Vegetables or salad

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Potato, rice or suitable pasta  
Fruit (plain or as a home-made pie or crumble) with custard  
or yoghurt or Milk pudding  
or other soya-free dessert

### Snacks

- Fruit
- Vegetable sticks, Cherry tomatoes
- Soya free bread or toast
- Soya free biscuit
- Soya free crackers
- Plain potato crisps
- Home made cake or biscuits

### Useful websites:

[www.nhs/conditions/food-allergy](http://www.nhs/conditions/food-allergy)

[www.allergyuk.org](http://www.allergyuk.org)

[www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk)

### Additional advice

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# Patient Information

Produced by Coventry Dietitians, University Hospitals Coventry & Warwickshire NHS Trust

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