

Department of Nutrition and Dietetics

Reintroduction of Soya

To confirm tolerance after a period of soya exclusion

Introduction

Many children grow out of their soya allergy. By introducing soya in a step-wise way, you will be able to find out if your child can tolerate some soya.

For some children who have had severe reactions or asthma it may not be safe to do this at home. You should seek advice from your doctor or Dietitian if you are unsure.

General Advice

- Do not start the soya challenge if your child is unwell or receiving medication such as antibiotics that might affect the gut. Wait until any gastrointestinal symptoms or eczema have settled.
- If your child has other allergies, such as egg or wheat, check that the food is suitable.
- Don't introduce any other new foods during the soya challenge.
- It may be helpful to keep a record of food intake, stool pattern and any symptoms observed during the challenge.
- Introduce new foods in the daytime, so symptoms can be observed.
- If symptoms return, do not continue with the challenge.



Patient Information

Using the Soya Ladder

Start with Step 1, your child may already be tolerating soya lecithin; most children with a soya allergy will not react to it. To determine this, look at labels of foods your child can eat without any reaction e.g. baked foods and chocolate. But if you have already had some foods containing soya, you may start further down the ladder.

If a food in a step is tolerated, leave this food in the diet and move onto the next step.

If your child seems to react to the foods offered, it may be worth going back a stage for a little longer.

The time spent on each step will vary from one child to another.

Introduce a new step every days / weeks.

The Soya Ladder

Start off with small amounts of a food and gradually increase the quantity as tolerated.

Stage	Examples of foods. Remember to always check the labels.
Stage 1 Soya Lecithin	<ul style="list-style-type: none">• Chocolates or crackers with soya lecithin as an ingredient.
Stage 2 Soya flour in baked foods	<ul style="list-style-type: none">• Bread/bagel/cake/biscuit or cracker containing soya flour.
Stage 3 Cooked soya	<ul style="list-style-type: none">• Shepherd's pie with soya milk and/or soya cheese in the mashed potato.• Lasagne or fish pie made with soya milk and/or soya

Patient Information

	<p>cheese.</p> <ul style="list-style-type: none"> • Pizza cooked with soya cheese. • Soya cheese on toast.
<p>Stage 4</p> <p>Lightly cooked soya</p>	<ul style="list-style-type: none"> • Soya custard/white sauce made with soya milk (heated). • Heated soya milk/hot chocolate (boiled for 5 minutes). • Rice pudding/tapioca/semolina made with soya milk. • Cooked tofu (e.g. vegetarian sausage and burgers).
<p>Stage 5</p> <p>Uncooked soya products</p>	<ul style="list-style-type: none"> • Soya yoghurt. • Soya dessert / soya custard (unheated). • Soya cheese. • Soya ice cream.
<p>Stage 6</p> <p>Infant Soya Formula</p>	<ul style="list-style-type: none"> • SMA Wysoy.
<p>Stage 7</p> <p>Soya milk</p>	<ul style="list-style-type: none"> • Alpro soya growing up drink, supermarket own soya milk. <p>Give 50ml soya milk and increase by 50ml a day until your child is drinking their usual milk volume. If tolerating a full portion of soya for 3 days, your child should be able to include soya freely in their diet.</p>

Further Information

Dietitian or Allergy Nurse:

Contact details:

Patient Information

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