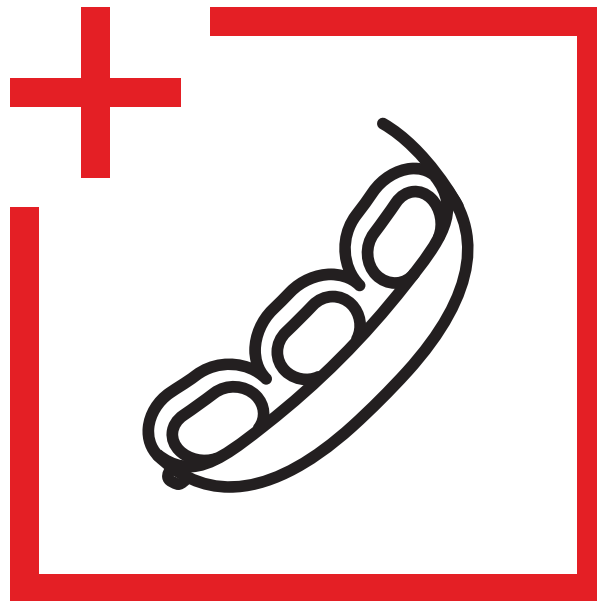


# A Guide to the Home Introduction of Soya for children



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**Patient Name:**

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**Dietitian:**

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**Date:**

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**Contact Number:**



# 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 when 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 within 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 moving 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:

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### Stage 1 Soya lecithin

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#### 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.

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### Stage 2 Baked soya in a flour matrix

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#### 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 fairy 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**)

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## Soya introduction for non-IgE-mediated allergy *continued*

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### Stage 3 Fermented foods containing soya – cooked

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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.

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### Stage 4 Well-cooked soya in other foods

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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
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### Stage 5 Whole soya foods – lightly cooked

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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)
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### Stage 6 Whole soya foods – uncooked

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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 Wowbutter™
  - 40g Edamame beans/frozen soya beans (raw)
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Once your child is tolerating a full portion regularly you can start including other foods containing soya.

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## BOX 1. Baked soya recipes

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### Banana Bread (10 small slices)

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#### Ingredients

1 large banana, mashed  
1 large tablespoon cooked apple or sugar  
180g self-raising flour or wheat-free flour mix  
½ tsp cinnamon (optional)  
1tsp vanilla essence  
60ml vegetable oil  
100g soya yoghurt plain/vanilla

#### Method

Preheat the oven to 180°C/Gas Mark 4 and line a small loaf tin with baking paper.  
Add the vanilla essence to the vegetable oil, then mix together with the mashed banana and cooked apple.  
Add the flour to the wet ingredients and mix.  
If baking a loaf bake for 25 minutes or for muffins bake for 15 minutes. Cool on a wire rack.  
*(~0.4g soya protein per slice of banana bread)*

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### Savoury muffins (makes 6)

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#### Ingredients

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)

#### Method

Preheat the oven to 180°C/Gas Mark 4 and line a muffin tin with 6 cases.  
Mix the flour and baking powder. Mix the oil and soya milk together and add to the dry ingredients.  
Add the soya cheese and chopped spinach if desired. Loosen the mix with extra soya milk if needed  
Bake for 15-20 minutes until golden. Cool on a wire rack.  
*(~1.8g soya protein per muffin)*



## BOX 1. Baked soya recipes *continued*

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### Veggie Bolognese (4 portions)

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#### Ingredients

½ tablespoon vegetable oil  
75g 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

#### Method

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. Add the soya mince, stock, tinned tomatoes, soya sauce and season with salt and pepper. Bring to the boil, reduce the heat and simmer for 15 minutes. Serve with cooked pasta.  
*(2.4g soya protein per portion)*

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**Notes:**

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Review date 2019.

