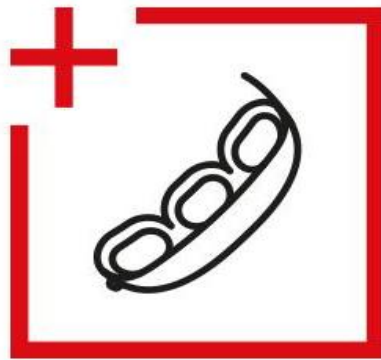


Reintroduction of Soya for non-IgE mediated soya allergy for children



Patient Name:

Dietitian:

Date:

Contact Number:

Email:



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The Soya Ladder

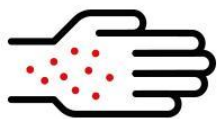
This guide is suitable only for children who have or are growing out of a delayed (non-IgE-mediated) allergy to soya, and have been advised by their Doctor or Dietitian that it is safe to start introducing soya at home.

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 across the day 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 following the soya ladder.
- If your child refuses to eat the food do not force them.
- We recommend spending at least 3 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).
- If at any time, you are unsure whether your child is having an allergic reaction, **stop giving the food**, and observe closely and contact your Healthcare Professional for further advice.



Allergic reactions

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, follow 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.



Soya introduction for non-IgE-mediated allergy

Stage 1 Soya flour in a baked matrix

Choose one of the following options:

- Bread containing soya flour: e.g. Asda, Sainsburys, Aldi, Kingsmill™, (note: may contain nuts). Aim for 1 slice/ 1 roll/ 1 pita/ 1 bagel as a portion.
- Other breaded products containing soya flour: e.g. Warburtons™, supermarket own varieties of fruit teacakes, pittas and bagels.

Options that are wheat, egg and milk free:

- Asda free from or Shah™ digestive (x 2 biscuits)
- Soya in a wheat-free matrix: Bokomo ProNutro™ breakfast cereal (30g)
- New York Bakery Co™ Gluten Free Bagels (1 bagel).

Your Dietitian will advise you on appropriate portion size to start with.

Stage 2 Lightly cooked soya foods

Choose one of the following options:

- Stir fried tofu (30g)
- Cooked edamame beans (40g)
- Alpro™ custard (1 small pot / 125g)
- Heated soya cream cheese (15g) (e.g. Asda/Sainsbury's free from cream cheese)
- Heated soya milk (e.g. making a creamy pasta sauce cooked in a pan on your hob for over 5 minutes)
- Edamame Spaghetti (30g) (available from Holland & Barrett).

The portion sizes listed are an estimate and are a guide to work towards, but this may vary with the age and size of your child. Your Dietitian will advise you on appropriate portion size to start with as this will likely be smaller.

Stage 3 Whole soya foods, uncooked

Choose one of the following options:

- Soya yogurt (125g)
- Soya milk (200ml)
- Soya cheese/cream cheese (15g) – uncooked
- Soya spread (1 tablespoon)
- Swedish Glacé™ ice cream (1 scoop).

The portion sizes listed are an estimate. Your Dietitian will advise you on the appropriate portion size to start with as this will likely be smaller. Once tolerating a full portion of whole uncooked soya then the soya ladder is complete.



FAQ

What if I suspect a reaction?

If you suspect a reaction, always follow the advice from your allergy team or allergy specialist. If your child was tolerating a previous step prior to the reaction with no symptoms, continue to offer the same soya containing foods from that lower step and discuss when to reattempt with your Dietitian/allergy specialist.

A lot of parents find it takes various attempts at the soya ladder (research shows usually between 2-5 attempts) before successfully introducing soya into their child's diet.

What about soya lecithin?

Research has shown that soya lecithin (an emulsifier) contains none or very minute traces of soya protein. Soya lecithin is usually well tolerated by all children with non-IgE mediated allergy and does not need to be avoided.

What about fermented products?

Fermentation has shown to reduce the allergenicity of soya beans and therefore would place fermented soya products between step 1 and 2 on the soya ladder.

Fermented soya is not included in the ladder as it is not appropriate to include these foods in the daily diet of a young child or infant due to its high salt content. These products may be suited to older children and so some examples are listed below.

1. ½ sachet Miso/ Douchi (steamed/crushed/fermented soya bean paste)
2. 1 tbsp soya sauce/ teriyaki sauce
3. 1 tsp natto and tempeh
4. Fermented soya cheese (15g): e.g. Crematta™, Burrella™, Superstraccia Julienne Bruno™ available from Ocado – (also contain coconut oil).



FAQ

What about Textured/hydrolysed vegetable protein (TVP/HVP) and veggie sausages?

These products are well-cooked soya products as they are usually eaten in combination with other foods, for example, a vegetarian shepherds' pie or vegetarian Bolognese. They can be incorporated into your child's diet on completion of the soya ladder or as advised by your Dietitian.

What about plant-based protein powders/soya protein isolates?

Soya prepared in this form is highly allergenic as it is in a concentrated form and should only be trialled once the last step of the soya ladder has been tolerated.

NOTES:

This diet sheet has been developed and peer reviewed by the Dietitians of the Food Allergy Specialist Group (FASG) of The British Dietetic Association (BDA) and is intended for use by BDA Registered Dietitians only. Content is based on expert opinion and available published literature. Product information is based on information available at the time of publication. It is not a substitute for professional advice, should be used to aid a dietetic consultation and may be individualised where appropriate. The websites provided in this diet sheet are not reviewed or endorsed by FASG or the BDA.

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