



Bayside Medical Group, Inc.

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PEDIATRICS
ALLERGY-SOY

Soy Allergy

Soybeans have become a major part of processed food products in the United States. Avoiding products made with soybeans can be difficult. Soybeans alone are not a major food in the diet but, because they're in so many products, eliminating all those foods can result in an unbalanced diet. Consult with a dietitian to help you plan for proper nutrition.

Symptoms of soy allergy are typically mild, although anaphylaxis is possible. Soybean allergy is one of the more common food allergies, especially among babies and children.

Keep in Mind

- Soybeans and soy products are found in baked goods, canned tuna, cereals, crackers, infant formulas, sauces, and soups.
- At least one brand of peanut butter lists soy on the label.
- Studies show that most soy-allergic individuals may safely eat soybean oil (not cold pressed, expeller pressed, or extruded oil). If you are allergic to soy, ask your doctor whether or not you should avoid soy oil.

We pledge not only to care for you, but to care about you.