

Family Child Care Food Allergy Fact Sheets



Soy Allergies

Soy is one of the nine major allergens in the United States. Together, they cause about 90% of all food-related allergic reactions. This fact sheet will discuss how to manage soy allergies in a family child care.

How are children affected by soy allergies?

Soy allergies are common and often start in infancy. About 0.4% of children in the United States have a soy allergy. Most children outgrow soy allergies by the age of ten, but some adults are allergic to soy.



What foods contain soy?

Soy can be found in processed food (for example, chicken/vegetable broth, bouillon cubes, cereals, and baked goods) as well as many meat and vegetarian entrées. Always read all ingredient lists on food labels for soy to avoid accidental exposure. The following charts list some food items that often contain soy.

Soybeans and Soybean Products

<ul style="list-style-type: none"> • Doenjang (fermented soybean paste) • Edamame (fresh soybeans) • Hydrolyzed soy protein • Kinako (roasted soybean flour) • Koya dofu (freeze-dried tofu) • Miso (fermented soybean paste) • Natto (fermented soybeans) • Okara (soy pulp) • Shoyu (soy sauce variety) • Soy/soybean/soya bean • Soy albumin • Soy burgers 	<ul style="list-style-type: none"> • Soy cheese • Soy fiber • Soy flour • Soy granules • Soy grits • Soy ice cream Soy infant formula • Soy lecithin* • Soy meat • Soy milk • Soy nut butter • Soy nuts • Soy oil (cold-pressed, expelled, extruded)* • Soy paste • Soy protein • Soy protein concentrate 	<ul style="list-style-type: none"> • Soy protein isolate • Soy sauce • Soy yogurt • Soybean sprouts • Supro® • Tamari (soy sauce variety) • Tempeh (fermented soybean product) • Teriyaki sauce • Textured soy flour (TSF) • Textured soy protein (TSP) • Tofu/bean curd • Yaki-dofu (grilled tofu) • Yuba (tofu skin)
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*Food manufacturing companies are not required to label highly refined soy oil as an allergen, but soy lecithin must be labeled. Research indicates that most people with soy allergies can safely eat highly refined soy oil and soy lecithin. Talk with the child’s State licensed healthcare professional before allowing the child to eat these foods.



Dishes, Foods, and Products That May Contain Soy

<ul style="list-style-type: none"> • Artificial flavoring • Baked goods (breads, cakes, cookies, crackers) • Bouillon cubes • Breakfast/cereal/energy/granola/protein bars • Broth (beef, chicken, vegetable) • Canned goods (broths, soups, tuna, meats) • Cereals • Fish or oyster sauce 	<ul style="list-style-type: none"> • Hydrolyzed vegetable protein (HVP) • Infant formula • Low-fat peanut butter • Mayonnaise • Meat or chicken substitutes • Mono- and diglycerides • Monosodium glutamate (MSG) • Natural flavoring • Prepared sauces and gravies 	<ul style="list-style-type: none"> • Processed meats (deli and luncheon meats; hot dogs; meat, poultry, or fish with fillers) • Salad dressings • Textured vegetable protein (TVP) • Vegetable gum • Vegetable oil • Vegetable shortening • Vegetable starch • Worcestershire sauce
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Always read the ingredient lists, check for allergen information, and consider cross-contact before serving any food to a child with a food allergy. Cross-contact is the accidental transfer of allergens to an allergen-free food or surface. Be diligent when reading ingredient lists for food allergens. Even if soy lecithin is the only soy ingredient on the food label but soy is listed in the allergen statement, this food item may not be safe for a child with a soy allergy. Because the common name of an allergen in a product is only required to appear once on the food label, it is possible that there are other soy ingredients in the product that are not listed. Review all ingredients in the ingredient list carefully. If there are any questions, contact the manufacturer for additional information.

Many items may not contain soy but may be produced in a facility where soy is processed or used as an ingredient. As a result, cross-contact with soy may occur. Do not give a food to a child with a soy allergy that is labeled with an advisory statement such as being produced or manufactured in a facility with soy.

What substitutes can be used for soy in meals served to children?

Soy is a common ingredient in many foods. Always carefully read labels, even for foods that do not usually contain soy. The following chart lists common menu items that may be used as safe substitutions to items that contain soy.

Menu Items That May Contain Soy*	Possible Substitutes*†
Breakfast cereals	Breakfast cereals without soy
Canned fish, canned meats	100% beef, pork, poultry, fish or shellfish; beans, peas, legumes
Mixed dishes containing soy sauce, tofu, or other soy-based ingredients	Mixed dishes without soy
Processed meats	100% beef, pork, poultry, fish or shellfish; beans, peas, legumes
Salad dressings and sauces (soy sauce)	Ketchup, mustard, and salad dressings and sauces that do not contain soy
Vegetable or legume soups	Vegetable or legume soups without soy

*All meals and snacks claimed for reimbursement must meet the Child and Adult Care Food Program (CACFP) meal pattern requirements. Please visit www.fns.usda.gov/cacfp/meals-and-snacks for more information. For children with food allergies, providers are required to provide meal modifications as stated in the child's medical statement signed by a State licensed healthcare professional. Meal modifications may require providing meals and snacks that do not meet CACFP meal pattern requirements. These meals are reimbursable as long as there is a medical statement on file documenting the necessary accommodations. Providers may choose to accommodate food-related disabilities without a signed medical statement if the meal modifications still meet the meal pattern requirements. Refer to the *Family Child Care Food Allergy Fact Sheets – Accommodating Children with Food Allergies* for more information.

†Always review the ingredient list to verify ingredients and check for possible cross-contact.

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For More Information

Food Allergy Research & Education
www.foodallergy.org

Institute of Child Nutrition
www.theicn.org/foodsafety

U.S. Food and Drug Administration
Food Allergens
www.fda.gov/food/food-labeling-nutrition/food-allergies

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