

## Soy-Free Diets

If you feel frustrated and helpless due to food allergies, you are not alone. Up to 60% of Americans have shown signs of food allergy at one time or another. About 10% of food allergy sufferers exhibit symptoms serious enough to see a doctor. Food allergy typically does not appear overnight. In susceptible people allergies to foods eaten regularly (if not daily) progress over time. Because allergy onset is subtle, identifying offending foods can be difficult and often requires trial diets. Once the food has been identified, the patient may incorporate acceptable substitutes in his or her diet and avoid the food completely.

Nearly any type of food can cause allergy, but cow's milk, eggs, fish, shellfish, nuts, corn, cereal grains, chocolate, Citrus fruits, peanuts and soy products most commonly provoke reactions. Because many foods come from related plant and animal species, which contain cross-reacting substances, a person may suffer allergic reaction from a food he has never eaten. The website [www.dpcAlaSTAT.com](http://www.dpcAlaSTAT.com) provides information on specific allergens, peak pollination seasons, and allergen cross-reactivity.

The following diet excludes all soybeans and soy bean products, including vegetable protein, lecithin, flour and vegetable oil. To eliminate soy completely, you must read all labels before purchasing commercially prepared foods.

<b>Types and Amounts of Food</b>	<b>Include</b>	<b>Omit</b>
Soups As desired	Soups prepared without soy or soy products	Soups containing soy or soy products
Meat and Meat substitutes 2-3 servings (5 oz total)	Beef, chicken, ham, kidney, lamb, liver, pork, turkey, veal, fish  Sausage and luncheon meats made with soy filler  Eggs, peanut butter  Cheese, cottage cheese	Cold cuts or sausages containing a soy additive  Hamburger with soy protein  "Vege burger made with textured vegetable protein  Products fried with soy oil  Fish fried in soy oil
Potato and potato substitutes 1 or more servings (¼ cup each)	White or sweet potatoes, macaroni, noodles, rice, spaghetti	Spaghetti made with soy flour  Products cooked with soy oil or soy margarine
Vegetables 2 or more servings (¼ cup each)	Any canned, cooked, frozen or raw vegetables (include 1 dark-green or deep-yellow vegetable daily as a vitamin A source)	Soy bean, soy bean sprouts  Vegetables prepared with soy sauce
Breads 3 or more servings	Breads and rolls prepared without soybean flour	Soybean, "Cornmeal bread"  Breads containing soy oil
Cereal 1 or more servings (½ cup)	Cooked or ready to eat cereals without soy	Cereals containing soy flour, soy oil, vegetable protein
Fats 3 or more servings (1 tsp each)	Butter, margarine, cream, bacon shortening or oils that do not contain soy	Soy bean oil, margarine or margarine shortening, salad dressing containing soy bean oil as an ingredient

Fruits and Fruit juices 2 or more servings (4 oz juice or ¼ cup fruit each)	All (include 1 serving citrus fruit or juice daily for a source of vitamin C)	None
Desserts In moderation	Gelatin, custard, cornstarch puddings,  Homemade ice cream, sherbet, cake, cookies, pastries, pies	Commercial ice cream  Most commercial bakery products (soybean flour is often added to bakery products to keep them moist)
Milk 3 or more servings (8 oz each)	Milk, 2% milk, skim milk, evaporated milk, non-fat dry milk powder	Soy milks such as Isomil®, Nursoy®, Neo-mul-soy®, Prosobee®  Commercial milkshakes
Beverages	Water as desired, tea, carbonated beverages, fruit drinks, coffee	Excessive use of sugared and caffeinated drinks
Miscellaneous	Salt (iodized), sugar, honey, jelly, syrup, chocolate, cocoa  Catsup, mustard, olives, pickles, Vinegar, pepper, herbs, spices	Lecithin (derived from soy beans, often used in candy)  Soy sauce, Worcestershire sauce, steak sauce  Toasted soybeans  Caramel candies  Excessive us of salt or sugar

Brand names are used for clarification only and do not constitute an endorsement.

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