

Soya Induced Food Allergy

How is Soya being used in our 'every-day'...

Soya is used as a primary ingredient in many foods to aid as a stabilizer, it is estimated to be in over 60% of all processed foods, and because of this avoiding soy can be difficult for those who suffer from a soya allergy. Soya allergy is uncommon to the UK compared to milk, eggs, peanuts, and fish allergies.

The science bit...

Soy is categorised as listed as one of the top #14 allergens for the UK and the EU. The allergy is actually found to have developed within the human body at an early age. There are children as young as 3 who are found to have a soy allergy however, there is a good chance children will grow out of the allergy, research is still taking place to provide further information on how often this occurs.

Soya is classed as a legume, and those suffering from a peanut or lupin allergy can potentially have a cross reaction. It is also becoming more common to see children suffering from reactions to other legumes, including Peas, lentils, chickpeas and other beans (haricot).

Soya Lecithin – lecithin (E322) is an emulsifier normally derived from unrefined soya oil and occasionally from rapeseed oil. Although the risk of reaction to soya lecithin may be small. The customer will have sought medical advice as to whether they can consume or not. (Sunflower lecithin is safe).

Soya oil – Can be found as a compound ingredient in some vegetable oils, currently with sunflower oil shortage it maybe substituted by your suppliers.

[EFSA](#) believes it is **NOT** very likely that **FULLY REFINED** oil will trigger a severe reaction to those allergic to soya, and it does not have to list allergens in the same way **UNREFINED** oils which can trigger a reaction and **MUST** be declared within the ingredients.

Symptoms of an allergic reaction

Reactions can vary from person to person, the range varies from mild to severe. Some of the common symptoms include:

- Gastro/ Abdominal pain,
- Runny nose,
- breathing trouble,
- Wheezing,
- Nausea,
- Itchy mouth,
- Swelling and itching,
- Skin rashes,
- Extreme cases; anaphylaxis.

What products contain soya:

- Flour - Breads and cakes
- Infant foods
- Vegetable protein
- Oriental foods – Soya Sauce
- Some breakfast cereals
- Chocolate and confectionary
- Various sauces and mayonnaise
- Artificial flavourings
- Starches and broths
- Substitutes of meat
- Chicken nuggets and processed meat
- Frozen and ambient meals

Remember!

Always **ASK** your customers about all allergies, on booking, on arrival and prior to taking orders. If unsure of the matrix, always check the labels on products and check with customer (take a phot of the label if necessary) if in doubt of products containing lecithin and soya oil.

<https://foodallergyaware.co.uk/resources/factsheets/>