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Bwrdd Iechyd
Aneurin Bevan
Health Board

Soya Ladder

The majority of children will grow out of their soya intolerance. As the tolerance resolves, most children can tolerate lightly baked goods with soya in them (Step 1-2) before soya products such as milk, yogurt or cheese (Step 4). This is because the more soya protein is broken down (in fermentation or processing) the less allergenic it is. This leaflet is intended for use in children with mild to moderate symptoms i.e. rash or diarrhoea. It is not suitable for those who have had a severe reaction e.g. anaphylaxis.

Step 5 - Uncooked Soya

Soya yogurt (80g) or soya milk (100ml)

Step 4 - Lightly Cooked Soya

A few teaspoons of soya custard or white sauce made with soya milk

Step 3 - Well Cooked Soya

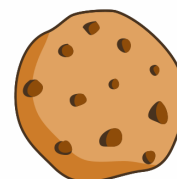
A mouthful of soya meat or pizza/pasta with soya cheese (baked) or lasagne/fish pie with soya milk (cooked)

Step 2 - Baked Soya

A biscuit or slice of bread that contains soya flour

Step 1 - Soya Lecithin

A baked food that contains soya lecithin as the only soya ingredient



The amount of soya should be gradually increased over several weeks (depending on your child's tolerance). Stay on each step of the ladder for one week and if your child remains symptoms free, progress to the next step.

If symptoms return however, **STOP** and return to the step that was tolerated.

General Tips...

- ♦ Choose a time when your child is happy and well and you have time to observe and manage any potential reactions. Avoid introducing new foods late in the evening, in case a reaction happens during the night.
- ♦ Do not challenge if your child is receiving medication which may upset the gut e.g. antibiotics.
- ♦ Avoid introducing any other new foods during the soya challenge.
- ♦ It might be helpful to keep a record of your child's oral intake, stool pattern and symptoms during the challenge.
- ♦ If symptoms return **STOP** the challenge. Seek medical advice if necessary and wait 3-6 months before re-challenging with foods containing soya.
- ♦ Some children may already be able to eat foods in step one. They can therefore continue to eat these foods and start the challenge further up the ladder.



If you would like to speak to a Dietitian please contact:

Nevill Hall Hospital	01873 732620
Royal Gwent Hospital	01633 234288
Serennu Children's Centre	01633 748026
Caerphilly Children's Centre	02920 867447