

Soya Intolerance

If your results have shown a reaction to Soya it is necessary for you to eliminate (strong reaction) or cut down (borderline reaction) your consumption of Soya.

Soya is favoured by vegetarians as it is an excellent source of protein, is low in saturated fats and is cholesterol free. When avoiding Soya it is important that protein is supplemented through alternative food sources.

Sources of Soya Proteins Soya protein is derived from Soya beans and is processed into:		
Soya mince	Soya chunks	Soya sauces
Soya flour	Soya lecithin	Tamari
Soya cream	Soya protein isolate	Tempeh
Miso	Soya yoghurt	Tofu
Soya oil	Soya milk	Textured vegetable protein
Soya cheese	Soya sprouts	Natto
Soya nuts	Soya margarine	Yuba
Soya meal	Soya flakes	

The above ingredients can typically be found in a variety of foods.

- Vegetarian and meat ready meals
- Vegetarian 'meat' products such as veggie burgers and veggie sausages
- Some breads now contain Soya
- Canned and packaged foods
- Biscuits frozen foods, pizzas and noodles
- Chocolate, breakfast cereals, ice-cream, margarine, sweets

Therefore it is very important to check the labels.

If you have been consuming Soya milk, there are a number of other milks that can be substituted for Soya milk for either drinking or cooking and these include rice milk, potato milk, coconut milk, oat milk and of course cows, goat and ewe's milk.

Protein intake can be supplemented by consuming other foods such as nuts – especially almonds & walnuts, meat, fish eggs, whole grains and legumes such as peas and a whole variety of beans