Soybean

Soybean, a legume species native to East Asia, is a rich and inexpensive source of proteins for both human and animal foods.

Soy is one of the “big eight”, a group of eight allergens responsible for 90% of all allergic reactions to foods.  Processed food is an important source of hidden soy allergens, due to wide use for soy as a food additive. Fermented soy products such as soy sauce and miso are much less allergenic compared with tofu and soymilk.

Prevalence of soy concludes that 0.27% of the general population and 2.7% of atopic children are soy allergic. Allergy with soy as the primary sensitizer is more common in children than in adults and by the age of 10 years approximately 70% of allergic children will outgrow their allergy. There is also cross reactivity between soy and other legumes, for example peanut.

The most common treatment of soy allergy is avoidance of soy products. The avoidance strategy should depend on the severity of the reaction.

### **Pediatric Issues**

Soy allergy is one of the most common food allergies in children, although the precise prevalence of soy allergy in different populations is unclear, as different studies have used different measures of allergy.

Soy formula is one alternative formula used for infants with cow´s milk allergy. There is a concern for increased sensitization and soy allergy in infants fed with soy formula. Soy formulas are generally not recommended before 6 months of age.

In children, the most common type of symptoms due to soy allergy occurs via the gastrointestinal route. This can lead to vomiting, diarrhea, bloody stool, and abdominal pain. Skin related issues present as rash, hives, or swelling. Breathing issues can also be a sign of sensitivity and present as wheezing, coughing, difficulty breathing, rhinitis and nasal congestion.