

## **Home reintroduction of Soya** **“The Soya Ladder”**

You have been given this information leaflet because your allergy doctor/dietitian would like you to introduce soya into your child's diet. This information leaflet gives you advice on introducing soya slowly and safely at home. Soya becomes less likely to cause a reaction in your child the more it is processed by heating and/or fermentation. This is why we suggest following the soy ladder when introducing soya into your child's diet.

### **Practical pointers on using the soya ladder:**

- Before starting the ladder and progressing to each further Step, please ensure that your child is well at the time and also that any gastrointestinal symptoms, asthma or eczema are settled.
- The best time of the day to introduce a new food is in the morning or lunchtime, as any reaction can take several hours to occur.
- Some children may already eat one or more of the foods on the Ladder. If this is the case, you need to be advised which Step of the ladder you should start on.
- The time spent on each Step will vary from one child to another and this should also be discussed and agreed with you. Generally children should increase the portion size of each food gradually over several days or weeks until they are able to manage a whole portion regularly (e.g. 2-3 times a week).
- Start by giving a small amount of the food and increase to an age appropriate portion for your child. The amounts in the ladder are given as a guide – occasionally smaller or larger amounts may be recommended.
- If the food on any Step of the Ladder is tolerated, your child should continue to have this regularly in their diet (as well as all foods in the previous Steps) and then try the food suggested on the next Step.
- If your child does not tolerate the food in a particular Step, simply go back to the previous one. You should try the next step again but wait at least four

weeks until you do so. Any concerns phone the paediatric dietitians on the

		Starting dose	Example of Portion
<b>Stage 1</b>	<b>Soya lecithin</b> <i>(your child may already be tolerating soya lecithin, most children with a soya allergy will not react to it. To determine this look at labels of foods your child can eat without any reaction)</i> <i>e.g. baked foods and chocolate</i>		No need to introduce soya lecithin gradually
<b>Stage 2</b>	<b>Soya flour in baked foods</b> <i>Bread / bagels / cakes / biscuits</i> <i>(or soya containing spread)</i>		1 slice of bread
<b>Stage 3</b>	<b>Cooked soya</b> <i>Shepherd's pie with soya milk and/or soya cheese in mash potato</i> <i>Lasagne or fish pie made with soya milk and/or soya cheese</i> <i>Pizza cooked with soya cheese</i> <i>Soya cheese on toast</i>		½ standard portion (100g) / 1 slice of cheese on toast
<b>Stage 4</b>	<b>Lightly cooked soya</b> <i>Soya custard / white sauce made with soya milk (heated)</i> <i>Heated soya milk / hot chocolate (boiled for 5 minutes)</i> <i>Rice pudding /tapioca /semolina made with soya milk</i> <i>Cooked tofu (e.g. vegetarian sausages and burgers)</i>		100mls
<b>Stage 5</b>	<b>Uncooked soya products</b> <i>Soya yoghurt</i> <i>Soya dessert / soya custard (unheated)</i> <i>Soya cheese</i> <i>Soya ice-cream</i>		1 pot / 25g cheese
<b>Stage 6</b>	<b>Infant soya formula</b> <i>E.g. Cow and Gate Infasoy</i>		100mls
<b>Stage 7</b>	<b>Soya milk</b> <i>E.g. Alpro soya milk (toddler 1+), Provamel, supermarket own soya milk</i>		100mls

number below.

## The Soya Ladder

**Further written advice:**

**Health care professional name:** \_\_\_\_\_

**Telephone number:** \_\_\_\_\_