

Women's & Children's Hospital

Soy, Egg and Nut Free Diet



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Women's
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Soy, egg and nut free diet

This booklet is for children who need a soy, egg and nut free diet for treatment of allergies to these foods. A food allergy is a reaction to a protein in a food that is caused by the body's immune system.

Most children will 'grow out' of their allergy to soy and egg. Some will outgrow their nut allergy.

Make sure you arrange regular follow-up with your doctor and dietitian. As your child gets older your doctor will let you know when it is safe to challenge your child with soy, egg and nuts. Food challenges are important to check if the diet is still needed. Do not challenge foods until directed by your doctor.

Manufactured foods

Your child must avoid all foods and drinks that contain soy, egg and nuts.

In Australia food manufacturers must state the presence of soy, egg and nuts in a product. Carefully check the labels of any foods that you buy for the presence of soy, egg and nuts in the ingredient list. Check every time, even if you have bought that product before. The ingredient lists should be used as a guide only as food products can change. Check with the manufacturer if you are not sure.

Avoid these ingredients:

The following label names indicate the presence of soy:

- > Soy or soybean
- > Soy flour
- > Miso
- > Tempeh
- > Endarme
- > Soja
- > Tamri
- > Textured vegetable protein (tvp)
- > Vegetable gum (soy)
- > Thickener (soy)
- > Bulking agent (soy)
- > Soy lecithin*
- > Soy protein
- > Soy sauce
- > Tofu
- > Natto
- > Okara
- > Yubar
- > Soy protein isolate or concentrate
- > Hydrolysed vegetable protein (hvp)
- > Vegetable starch (soy)
- > Emulsifier (soy)
- > Soybean oil*

The term 'natural flavourings' on a food label can mean they are milk or soy based flavourings. This should be declared on the label e.g. natural flavouring (soy).

* Soy oil and soy lecithin are usually tolerated by children with soy allergies. Check with your dietitian if you are not sure about products containing these ingredients.

The following label names indicate the presence of egg:

- | | | |
|----------------|------------------|---------------------|
| > Egg | > Albumin | > Simplesse |
| > Egg white | > Apovitellin | > Globulin |
| > Egg yolk | > Ovomucin | > Avidin |
| > Egg powder | > Ovalbumin | > Livetin |
| > Egg protein | > Ovomuroid | > Silici albuminate |
| > Dried egg | > Ovmuxoid | > Lysozyme |
| > Egg lecithin | > Ovglycoprotein | > Flavoproteins |
| > Egg solids | > Ovovitellin | |
| > Meringue mix | > Vitellin | |

Additive lecithin (322) may be made from egg – in most children with egg allergy this additive is tolerated.

The following label names indicate the presence of nuts:

Peanuts:

- | | | |
|---------------|---------------|------------------|
| > Arachis oil | > Madelonas | > Peanut sprouts |
| > Beer nuts | > Monkey nuts | > Goober nuts |
| > Ground nuts | > Nu-nuts | > Nut meat |

Other nuts:

- | | | |
|------------------------|-----------------------|-------------------|
| > Almond | > Candle nut | > Chestnut |
| > Brazil nuts | > Macadamia | > Mixed nuts |
| > Hazelnuts / filberts | > Pistachio nut | > Pine nut |
| > Walnuts | > Pecans / mashuga | > Artificial nuts |
| > Carponata | > Hickory nuts | > Nan-gai nuts |
| > Gianduja | > Indian nuts | |
| > Shea nuts | > Natural nut extract | |

Coconut and nutmeg are not nuts and should be tolerated.

Milk and milk products

Allowed	Check on	Not allowed
<ul style="list-style-type: none"> > Cow's milk: <ul style="list-style-type: none"> – Fresh – Powdered – Evaporated – Condensed – UHT milk – A2 milk > Goats milk, goats cheese > Cheese > Yoghurt > Cream > Custard > Fromage frais (e.g. Fruche) > Oat milk > Rice milk > Butter > Margarine 	<ul style="list-style-type: none"> > Ice cream* > Ordinary milk desserts* > Custard* (*These products may contain egg) 	<ul style="list-style-type: none"> > Soy formula > Soy milk > Soy custard > Soy yoghurt > Soy ice cream > Soy cheese

Bread and cereal products

Allowed	Check on	Not allowed
<ul style="list-style-type: none"> > Baby rice cereal > Rice > Flour – wheat, corn, rice, potato > Oats > Cornmeal > Sago, semolina > Tapioca > Barley > Bran > Homemade biscuits and cakes with allowed ingredients > Soy free bread > Egg replacers e.g. Orgran 'No Egg' 	<ul style="list-style-type: none"> > Breakfast cereals > Other 'baby' cereals > Pasta, noodles > Dry cracker biscuits > Sweet biscuits > Bought cakes, donuts, buns, scones, pastries > Cake or biscuit mixes > Muesli bars > Rusks > Snack bars 	<ul style="list-style-type: none"> > Bread (most bread contains soy flour) > Soy flour > High protein cereals > Soy noodles > Egg noodles

Meat, chicken, fish, eggs, legumes

Allowed	Check on	Not allowed
<ul style="list-style-type: none"> > Meat > Fish > Chicken > Pulses and legumes (other than soy) <ul style="list-style-type: none"> – discuss with your doctor 	<ul style="list-style-type: none"> > Processed meat or chicken products e.g. fritz, sausages, hot dogs > Sausage rolls > Pies, pasties > Fish fingers > Chicken nuggets > Meat or fish paste > Patè > Canned tuna > Crumbed or battered food 	<ul style="list-style-type: none"> > Eggs > Vegetarian soy foods > Textured vegetable protein (TVP) > Soybeans > Tofu

Fruits and vegetables

Allowed	Check on	Not allowed
<ul style="list-style-type: none"> > Vegetables > Fruit <ul style="list-style-type: none"> – Fresh – Dried – Frozen – Juice – Fruit gels 	<ul style="list-style-type: none"> > Vegetables in tins or packets > Canned soups > Instant mashed potato > Canned vegetables in mayonnaise > Fruit bars 	

Desserts

Allowed	Check on	Not allowed
<ul style="list-style-type: none"> > Yoghurt > Fromage frais (e.g. Fruche) > Jelly > Water based iceblocks 	<ul style="list-style-type: none"> > Ice cream > Custards > Custard powder > Dessert mixes > Packet and canned desserts > Pastry mixes 	<ul style="list-style-type: none"> > Soy ice creams > Soy custards

Fats and oils

Allowed	Check on	Not allowed
<ul style="list-style-type: none"> > Butter > Ordinary margarine > Cream <ul style="list-style-type: none"> – Reduced cream – Imitation cream – Pressure pack cream > Canola oil > Olive oil > Sunflower oil 	<ul style="list-style-type: none"> > Vegetable oil 	<ul style="list-style-type: none"> > Nut based oils > Soybean oil

Extras

Allowed	Check on	Not allowed
<ul style="list-style-type: none">> Sugar, glucose> Honey, jam> Tomato sauce> Herbs, spices, stock cubes, salt, essences> Popcorn> Vegemite, Promite, Marmite	<ul style="list-style-type: none">> Baby foods> Soups> Sauces> Salad dressings> Gravy mixes> Lollies> Chocolate> Flavoured potato crisps and savoury snack foods> Mayonnaise> Snack bars> Muesli bars	<ul style="list-style-type: none">> Soy sauce> Miso> Tempeh> Natto> Nut> Peanut paste> Nutella> Other nut pastes> Satay sauce> Pesto> Marzipan> Praline

Drinks

Allowed	Check on	Not allowed
<ul style="list-style-type: none"> > Milk shakes > Malted milk > Flavoured milk > Drinking chocolate > Coffee whiteners > Fruit juice > Vegetable juice > Cocoa > Tea, coffee > Soda water > Mineral water > Tonic water > Soft Drink > Cordial 	<ul style="list-style-type: none"> > Milk flavourings (e.g. icecream topping and other powdered drink mixes) 	<ul style="list-style-type: none"> > Soy milk > Soy formula

Eating out

If your child has a food allergy there is no reason why you should not enjoy eating out.

If your child needs emergency medication (e.g. an EpiPen) they should not eat out unless they have their medication with them.

Order simple dishes such as grilled meats without sauces, steamed vegetables and potato. Fresh fruit is a good option for dessert. Always check with the staff about the ingredients in the dish you want to order. If you are not sure do not order the food.

More practical information about eating out with food allergies can be obtained from Anaphylaxis Australia. www.allergyfacts.org.au

Adjusting recipes

Egg substitute

You can substitute the following mixture for one egg in many recipes:

1½ tbsp water + 1½ tbsp oil + 1 tsp baking powder.

Egg replacers such as Orgran 'No Egg'™ may be used for baking cakes, muffins, pikelets and meatballs. They are available from supermarkets and health food shops.

The original nutritional and educational content of this booklet has been reviewed by specialist Dietitians at the Children, Youth and Women's Health Service (CYWHS), SA Health. Information in this booklet should not be used as an alternative to professional advice.

Food product information contained in this booklet was up to date at the time of revision. Always check food labels of any commercial products carefully for sources of soy, egg and nut. If you are not sure about a food, check with the manufacturer.

Produced by

**Children, Youth and
Women's Health Service
Nutrition Department
72 King William Road
North Adelaide SA 5006
Phone (08) 8161 7233**

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