

Introduction Food allergies:

A food allergy is an abnormal response to a protein in the food (the allergen) that involves the immune system. In Canada and the U.S., an estimated 1-2% of the adult population is allergic to one or more particular foods. Source - www.hc-sc.gc.ca/english/iyh/medical/allergies.html

People with lactose intolerance can get enough calcium in their diet by including calcium-enriched soy beverages and/or soy yogurt in their diet.

Food allergies and soy:

Soy allergies are most common in infancy and early childhood. Most children eventually outgrow soy allergies, so prevalence is lower in adults. Soy ranks lower in prevalence than milk, eggs, peanuts, tree nuts, fish and shellfish as foods to which people suffer allergies.

An allergic reaction to soy is similar to that of other foods and may range from mild to severe, including anaphylaxis. An allergic reaction to food should be discussed with your medical practitioner.