

10 TIPS FOR VEGAN DIETS IF YOU HAVE A SOYA ALLERGY



PLANT-BASED
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While soya, particularly minimally processed soya, can be beneficial for almost everyone, some people need to avoid it. Soya is currently labelled on food items in the UK (under EU legislation) as it is a common allergen. However, if this applies to you - don't worry. You do not need soya to thrive on a plant-based diet and there are many other options.

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Please consult your doctor if you suspect you have an allergy or intolerance to soya or need to avoid it for medical reasons.

1. CHOOSE FORTIFIED PLANT MILK - PEA OR OAT

Pea milk is a good soya-free but higher protein plant milk than almond. It contains up to eight times as much protein. Oat milk is another allergen friendly plant milk. Always choose calcium-fortified brands such as Oatly which is also fortified with other helpful nutrients such as iodine. Fortified coconut yoghurt such as Koko is another option. Be mindful of the fact that many coconut yoghurts tend to be higher in saturated fat so you can also try cashew or almond yoghurts.

2. EAT LEGUMES OFTEN



Legumes, such as beans (apart from soya beans) lentils and chickpeas, should be included in almost all meals. They are so versatile, packed with protein and fibre and key nutrients such as iron. Try chickpeas in hummus, black bean burritos, kidney bean curries and lentil bolognese. Soak and sprout legumes if you can to improve nutrient absorption and bioavailability.

3. EAT DARK LEAFY GREENS



Dark leafy greens are a good source of calcium. Prioritise kale, spring greens, okra and bok choy as they are low in oxalates - calcium is more bioavailable as a result. Calcium-fortified plant milks and yoghurt should be included too, ideally a couple of servings a day, especially for children.

4. EAT NUTS AND SEEDS



Nuts and seeds provide healthy fats, protein and other nutrients. Chia seeds, walnuts, cashews, almonds, flax seeds, hulled hemp seeds and pumpkin seeds are all great options. Remember to grind your flax seeds and chia seeds to better absorb their omega-3 fatty acids.

5. CHOOSE SOYA-FREE CONDIMENTS

Not everyone with a soya allergy will have a problem with soya sauce. However, coconut aminos or liquid aminos are great substitutes and are also gluten free. Soya-free miso is also available and Tideford Organics has a good option for those in the UK.

6. CHOOSE WHOLE GRAINS

Eat plenty of whole grains. Pseudograins tend to be slightly higher in protein so include quinoa, buckwheat and amaranth as well as whole grains such as oats or red rice. 1/2 a cup of pinhead oats contains 5g protein.

7. TRY JACKFRUIT OR SEITAN



If you like meaty textures, seitan (wheat gluten) is high in protein and soya-free. Jackfruit can resemble pulled pork in dishes but is low in protein so pair with a legume such as pinto beans when you're making a chilli.

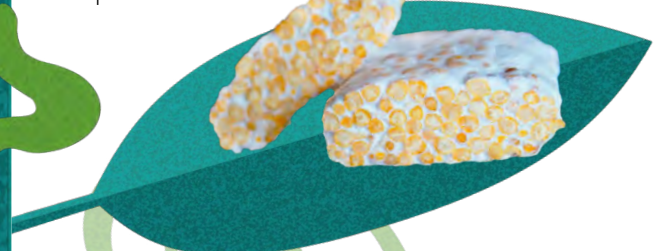
8. TRY CASHEW CHEESES

Cashew cheese is soya-free but extremely delicious and may provide a good source of magnesium, copper, iron and zinc. You can easily make your own at home if you have a good food processor.



9. TRY CHICKPEA TOFU OR BEAN-BASED TEMPEH

Vegan Richa has an excellent recipe for chickpea tofu. Substitute regular tofu in your favourite dishes and enjoy. It's also possible to make tempeh from other legumes such as chickpeas or black beans.



10. SPRINKLE NUTRITIONAL YEAST ON DISHES

Nutritional yeast is allergen friendly, adds umami and flavour to dishes and is high in protein and other micronutrients. Choose ones that are fortified with B12.