

Soy and Corn Allergies – Rising in Incidence and Linked with Other Allergies

As many of you know, soy is one of the top eight allergens. What you may not know is that a child with a peanut allergy can have an allergic reaction after eating a food that contains soy.

How could soy cause an allergic reaction in my child with peanut allergy?

In scientific terms, soybean allergens are “homologous to known peanut allergens and can be recognized by the immune systems of 44% of peanut-allergic patients.

What that means is that a child with a peanut allergy can have an allergic reaction and even go into anaphylaxis after eating soy. Because this cross-reactivity is rarely mentioned in the press, many parents are unaware of the potential health risks of soy for children with peanut allergy.

What can I do to protect my child with peanut allergy?

According to Ingrid Yman, PhD, of the Swedish National Food Administration, “If your child is allergic to peanuts, you should consider eliminating soy as well as all peanuts from your child’s diet, even if your child has never reacted poorly to soy in the past. Some sensitive children have “hidden” soy allergies that manifest for the first time with a severe – even fatal – reaction to even the low levels of “hidden” soy commonly found in processed food products. Those at the highest risk suffer from asthma as well as peanut allergy.”

The Swedish National Food Administration study analyzed severe food allergy reactions of children who died after consuming soy. These children had known allergies to peanuts, but not to soy.

What products contain soy?

Soy is found in soy milk, tofu, soy sauce, and many other products. It is also used in many processed foods, as soy lecithin, soy lectin, and other soy derivatives.

Are there other facts that I may not know about soy?

According to Daniel Sheehan, PhD, Director of the U.S. Food and Drug Administration’s National Center for Toxicological Research, soy-fed babies are taking part in “a large, uncontrolled and basically unmonitored human infant experiment.”

The British Dietetic Association now warns parents to avoid soy formula, given the results of a 2003 study conducted by Dr. Gideon Lack from St Mary’s Hospital, Imperial College, London, UK.

The French Food Agency will soon require warning labels on all soy foods, soy formulas and soy milk so that consumers will be aware of the risks that soy poses to children under the age of three, those with hypothyroidism, and women with a family history of breast cancer.

In January 2006, the American Heart Association reversed its position on soy.

Is corn allergy a growing threat to your child?

Corn is one of the fastest growing food allergies in children, although one of the most unrecognized and underreported.

AllergyKids wants to highlight current research on corn and how it may be “hidden” in food, especially since corn is often consumed by those who must avoid wheat.

Many families arrive at the diagnosis of “corn allergy” by accident, initially thinking that their child might be allergic to preservatives or additives found in food when their child is actually reacting to the corn ingredients, corn products, or even

high fructose corn syrup found in many food products.

What has changed?

According to an April 2007 report in *Archives of Environmental Contamination and Toxicology*, corn was recently engineered to create its own insecticide. This report states that in 2005 this corn “was modified to produce in its cells a new artificial insecticidal and modified toxin.”

Corn is an increasingly modified crop. It is estimated that almost 70% of corn is modified.

Why is corn modified?

Due to growing concerns by farmers over the health and environmental implications of spraying pesticides and insecticides onto corn crops, scientists genetically engineered toxins into the crops in order to address the increased global demand for food by preventing crop loss due to insects, rodents and other pests. 🐛

AllergyKids is an independently funded food allergy organization. Being independently funded, AllergyKids is able to avoid conflicts of interest that funding ties may present. Please do not hesitate to contact us at www.allergykids.com or (800) 671-1525 with any questions.

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