

ALLERGY LADDERS: THE STEP BY STEP GUIDE FOR SOY

The Golden Rules of Ladders

Rule 1: Once you start the ladder, don't stop the ladder.

- You can't outgrow the allergy without including the allergen.
- When your child reacts to an allergen, don't stop the ladder. Instead, pause and go back to the previously tolerated step.
- If you stop the ladder entirely, your child loses the ground already made.

Rule 2: The ladder is compounding, it's not one step at a time.

- Once your child tolerates a step, that food can now be added to the diet liberally (min. twice per wk) - eg when you pass step 1, include the allergen twice that week of commencing step 2.
- By the time you reach the top of the ladder, you've slowly increased the load of the allergen in the diet.
- If you do the ladder one step at a time, the child's body will become overwhelmed from all the changes at once.
- By gradually building on tolerance, your child gets used to a steady build of that allergen in the diet.

What If My Child Fails

- Failure is when your child reacts like previously - eg blood in stool, mucus, eczema, congestion, loose poos, constipation.
- Failing is inevitable and it's a part of the process.
- When they fail a step, pause on the ladder and go back to the previously tolerated level for 2 months.
- If you reacted on $\frac{1}{2}$ a portion step 2, pause for 2 months including $\frac{1}{4}$ portion step 2, and full portion step 1, twice per week.
- Eg - if you reacted on $\frac{1}{2}$ a soy bread, pause and include either/or full biscuit and $\frac{1}{4}$ soy bread for 2 months (min. of twice per wk).

The Steps of the Soy Ladder

STEP 5: SOY MILK/ YOGHURT	1/4 portion for 3 days	1/2 portion for 3 days	Full portion for 3 days
<p>+ TOFU/SOY SAUCE/MISO/BREAD/BISCUIT twice this week. <i>Top tip - give tofu.</i></p>			
STEP 4: TOFU	1/4 portion for 3 days	1/2 portion for 3 days	Full portion for 3 days
<p>+ SOY SAUCE/MISO/BREAD/BISCUIT twice this week. <i>Top tip - give soy sauce or miso.</i></p>			
STEP 3: SOY SAUCE OR MISO	1/4 portion for 3 days	1/2 portion for 3 days	Full portion for 3 days
<p>+ BISCUIT or BREAD twice this week. <i>Top tip - give bread.</i></p>			
STEP 2: SOY FLOUR IN BREAD	1/4 portion for 3 days	1/2 portion for 3 days	Full portion for 3 days
<p>+ SOY LECITHIN twice this week.</p>			
STEP 1: SOY LECITHIN	1/4 portion for 3 days	1/2 portion for 3 days	Full portion for 3 days
<p>Eg - Cerelac or Arnott's Nice, Arnott's Raspberry Shortcake*, Arnott's Tiny Teddy Chocolate* (*dairy & soy free)</p>			
<p>*For multiple allergies, find alternatives on Coles/Woolworths website eg milk & egg-free biscuits or bread</p>			