

# 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, mucous, 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 ½ a portion step 2, pause for 2 months including ¼ portion step 2, and full portion step 1, twice per week.
- Eg - if you reacted on ½ a soy bread, pause and include either/or full biscuit and ¼ soy bread for 2 months (min. of twice per wk).

# The Steps of the Soy Ladder

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