



MICHIGAN SOYBEAN
PROMOTION COMMITTEE

a new release



FOR IMMEDIATE RELEASE

May 21, 2009

Contact: Gail R. Frahm, Executive Director

989.652.3294 or

[Gretchen L. Hofing](#), M.P.H., R.D., 517-264-5300

Soyfoods Provide Solutions for Some Food Allergies

Four percent of our 12 million Americans (one in 25) have some food allergy, according to the Food Allergy and Anaphylaxis Network. Children are the largest group affected, with four to six percent of children having food allergies.

May is National Allergy and Asthma Awareness month and a great time to assess what you can do to support friends and family members who are living with food allergies.

Eight foods account for 90 percent of allergic reactions: milk, wheat, eggs, soy, tree nuts (e.g., walnuts, pecans), peanuts, shellfish and fish. Peanut allergies are a growing problem; the number of children with peanut allergies doubled from 1997 to 2002.

"If someone has an allergy to milk or peanuts but not soy, soy provides some very good alternatives to dairy or peanut products," says Gretchen Hofing, Michigan State University Extension (MSUE) soyfoods health educator and a registered dietitian based in Lenawee County. Calcium-fortified soy dairy alternatives are good sources of calcium and protein and are cholesterol-free. Products such as soymilk, soy cheese, soy yogurt and soy ice cream are all readily available and can be used in the same applications as their dairy counterparts.

"For those with peanut allergies, roasted soybeans or soynuts and soynut butter are good alternatives," Hofing suggests. "Like the soy dairy foods, these products are also commonly found in mainstream grocery stores and may even be available in store brand labels."

The only way to prevent a reaction to a food allergy is to practice strict avoidance of the food. Consider these tips for managing food allergies:

** Make wise food choices through vigilant label reading and asking questions.

** Take care in food preparation by thoroughly washing your hands and all food preparation utensils, surfaces and equipment to avoid reactions from trace food proteins that may get left behind.

** Be prepared for managing an allergic reaction: always have medication available, know how to recognize symptoms of a reaction and how to quickly administer the medication, and have a written food allergy action plan.

For more information on food allergies, visit the Food Allergy and Anaphylaxis Network Web site, www.foodallergy.org.

Purchasing and consuming soyfoods is a great way to support your health and Michigan agriculture. The Michigan Soybean Promotion Committee represents soybean producers in the state and funds soybean research and educational efforts. For more information on the Michigan Soybean Promotion Committee, visit www.michigansoybean.org. For information on MSU Extension nutrition programs, visit www.msue.msu.edu/fcs and click on "Nutrition."

Here is a dairy-free tasty treat made with soy. Look for more soyfoods recipes at www.soyconnection.com.

###

Lime Pudding Cups

3 large eggs, separated
1 ½ cups plain soymilk
½ cup (4 oz) firm silken tofu
⅔ cup sugar
¼ cup flour
Pinch of salt
¼ cup lime juice
1 tablespoon powdered sugar
Thin lime slices (optional)

Lightly coat six 8-ounce custard cups with cooking spray. In a bowl, beat together egg yolks, soymilk and tofu. Add sugar, flour, salt and lime juice. Beat until smooth.

In a separate bowl, using clean beaters, beat egg whites until they just hold stiff peaks. Gently whisk one-third of the whites into the lime mixture. Fold in remaining whites with a rubber spatula. Divide batter among prepared cups, and place the cups in a shallow baking pan. Pour hot water into the baking pan until it comes halfway up the sides of the cups.

Bake at 350 degrees F for 35 to 40 minutes, or until tops are light brown and pudding springs back when touched lightly in the center. (A toothpick inserted in the center will not test clean.) Remove cups from hot water and cool on a wire rack. Dust the top of each cake with powdered sugar. Garnish with lime slices, if desired. Serve warm or at room temperature.

Yield: 6 servings. Per serving: 180 calories, 4 g fat (1 g sat fat), 106 mg cholesterol, 70 mg sodium, 30 g carbohydrate, 7 g protein (3 g soy protein), 1 g dietary fiber.

Source: *Favorites from the Heartland* (2nd Edition).