



## Soy and Cow's Milk Protein Allergy

Allergy to cow's milk protein occurs most often in young children; although the figures vary in the literature, it is generally assumed that 2-5% of children in populations without specific familial antecedents are allergic to cow's milk protein. Soya products are naturally free of any form of cow's milk protein, and can therefore be used in a cow's-milk-free diet.

According to a study by Zeiger et al. (2003) 80% of all children with cow's milk protein allergy can consume soya.

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### References

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