

THE SOY LADDER

STAGE	FOODS	STARTING DOSE	EXAMPLE PORTION
Stage 1	Soy flour in baked foods Bread/bagels/cakes/biscuits (or soy containing spread)		¼ to ½ slice
Stage 2	Cooked Soy Shepherd's pie with soy milk and/or soy cheese in mash potato Lasagne or fish pie made with soy milk and/or soy cheese Pizza cooked with soy cheese Soy cheese on toast		1/2 std portion, 100g 1 slice of cheese
Stage 3	Lightly cooked soy Soy custard / white sauce made with soy milk (heated) Heated soy milk / hot chocolate (boiled for 5 minutes Rice pudding / tapioca / semolina made with soy milk Cooked tofu (eg: vegetarian sausages and burgers)		100mls
Stage 4	Uncooked soy products Soy yoghurt Soy dessert / soy custard (unheated) Soy cheese Soy icecream		1 pot / 25g of cheese
Stage 5	Infant soy formula EG Cow and Gate infasoy		100mls
Stage 6	Soy Milk Eg: Alpro soy milk (toddler 1+), Provamel, supermarket own soy milk		100mls