



Things To Know



Before Using Soy Milk



For Toddlers



Soy milk has been linked to hormonal effects on the reproductive system because of the isoflavones in soy protein. However, studies do not support this concern.



According to the US Department of Agriculture, 93% of soybean crops are transgenic. This increases the risk of allergic reactions. So, it is not recommended for children with gastrointestinal issues.



The milk is not suitable for children with soy allergy, as it might lead to flatulence.



Studies show that excess soy consumption is linked with Kawasaki disease, an autoimmune condition that may lead to complications in the heart.



References:

1. Cow's Milk Substitutes for Children: Nutritional Aspects of Milk from Different Mammalian Species, Special Formula and Plant-Based Beverages; NCBI
2. Children's Soy Consumption Linked to Increased Kawasaki Disease Risk; Seattle Children's