

Soy Allergy Information

Avoid foods with the following ingredients: Miso, gum Arabic, carob, hydrolyzed soy protein, emulsifier, guar gum, hydrolyzed vegetable protein, lecithin, MSG, soy flour, soy nuts, soy panthenol, soybeans, soybean oil, stabilizer, starch, textured vegetable protein, thickener, tofu, vegetable broth, vegetable gum, vegetable starch, soy meal, teriyaki.

Important Tips to Remember: Eliminate all soy-based foods from your diet. (This includes: soybeans, tempeh, tofu, soy milk, soy cheese, miso, soy flour, etc.) Watch for products that say “Natural Flavors” on the label. Ask the restaurant’s waiter if you are unsure if they cook with soy. Decrease your consumption of processed foods, which will decrease the likelihood of accidentally eating soy. Check all cosmetics as soy meal and soy oil are used in many soaps, and cosmetics. Avoid tamari sauce, teriyaki, and Shoyu as condiments. Be careful when eating in Chinese and Japanese restaurants. Avoid buying generic vegetable oil. Take care with books and newspapers, because many use soy ink. Buy salad dressings with an olive or canola oil base, or oil free dressings.

Common items that may contain soy: Margarine, salad dressings, mayonnaise, shortenings, chips, bread, cosmetics, baby foods.

****Remember to eliminate as much soy as possible from your diet and read all labels carefully!**