



Soy FREE DIET

Soybeans have become a major part of processed food products in the US. Avoiding products with soybeans can be difficult. Soybeans alone are not a major food in the diet but, because they are in so many products, eliminating all those foods can result in an unbalanced diet. Symptoms of soy allergy are typically mild, although anaphylaxis is possible. Soybean allergy is one of the more common food allergies, especially among babies and children.

Avoid

- Edamame
- Hydrolyzed Soy Protein
 - Miso
 - Natto
- Shoyu Sauce
- Soy Sauce
 - Tamari
 - Tempeh
- Textured Vegetable Protein
 - (TVP)
 - Tofu

MAY contain Soy Protein

- Asian Cuisine
- Flavorings (artificial & natural)
 - Hydrolyzed Plant Protein
 - Vegetable Broth
 - Vegetable Gum
 - Vegetable Starch

Studies show that most allergic individuals may safely eat products that contain soy lecithin & soy oils.

These substances are fat based and persons with allergies react to the protein portion of the food and not the fat based portion.

Flavorings may also be soy based. Contact the company and ask if they use soy as a carrier protein for their natural flavorings used in foods.

Hydrolyzed plant and hydrolyzed vegetable protein is likely to contain soy.

Contact the company to identify if their vegetable broth, vegetable gum, or vegetable starch is soy.