



Soy-Free Diet

Note: For your convenience, the following list is available on a sturdy wallet-sized plastic card from the Food Allergy & Anaphylaxis Network. The price is \$2.00 plus shipping and handling. Call (800) 929-4040 to order.

All FDA-regulated manufactured food products that contain soy as an ingredient are required by U.S. law to list the word “soy” on the product label.

Avoid foods that contain soy or any of these ingredients:

edamame	soya
miso	soybean (<i>curd, granules</i>)
natto	soy protein (<i>concentrate, hydrolyzed, isolate</i>)
shoyu	soy sauce
soy (<i>soy albumin, soy cheese, soy fiber, soy flour, soy grits, soy ice cream, soy milk, soy nuts, soy sprouts, soy yogurt</i>)	tamari
	tempeh
	textured vegetable protein (<i>TVP</i>)
	tofu

Soy is sometimes found in the following:

Asian cuisine	vegetable gum
vegetable broth	vegetable starch

Keep the following in mind:

- **The FDA exempts highly refined soybean oil from being labeled as an allergen.** Studies show most allergic individuals can safely eat soy oil that has been highly refined (*not* cold pressed, expeller pressed, or extruded soybean oil).
- Most individuals allergic to soy can safely eat soy lecithin.
- Follow your doctor’s advice regarding these ingredients.

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