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SOY / SOYBEAN AVOIDANCE

It is important to read all ingredient labels to identify foods that contain soy. All manufactured food products that contain soy as an ingredient are required by US law to **list the word “Soy” or “Soybean” on the product label.**

Avoid foods that contain any of these ingredients:

- Edamame
- Miso
- Natto
- Shoyo sauce
- Soy (fiber, flour, grits, nuts, sprouts)
- Soy (milk, yogurt, ice cream, cheese)
- Soy protein (concentrate, hydrolyzed, isolate)
- Soy sauce
- Tamari
- Tempeh
- Textured vegetable protein (TVP)
- Tofu (soybean curd)

Foods that often contain soy:

- Soy may be found in numerous products such as baking mixes, breads, cookies, crackers, canned broth and soups, canned tuna and meat, breakfast cereals, high protein energy bars and snacks, low fat peanut butters and processed meat and frankfurters.

Look out for:

- Cross contact- Cross contact occurs when safe foods come in contact with soy. This can happen through shared cooking utensils, cooking oil, cooking surfaces or not keeping safe foods separate from those made with soy. Avoid cross contact by washing everything well with soap and water.
- Asian restaurants are considered high risk for individuals with soy allergy due to the common use of soy as an ingredient and the risk of cross contact even if a soy free item is ordered.
- Soy may be found in cosmetics, nutritional supplements, medications and pet foods.

Usually safe:

- Studies have shown that it is safe for most individuals allergic to soy to use soybean oil or soy lecithin. Ask your doctor if it is safe for your child to eat these derivatives.

Read all product labels carefully before buying and eating any item.

RESOURCES

-This program has additional information sheets that you may find helpful
-Explore additional educational materials, for example, from Food Allergy Research & Education (www.foodallergy.org)

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