Soy Allergy

Foods to Avoid

Avoid foods that contain soy or any of these ingredients:

- Edamame
- Miso
- Natto
- Shoyu
- Soy (soy albumin, soy cheese, soy fiber, soy flour, soy grits, soy ice cream, soy milk, soy nuts, soy sprouts, soy yogurt)
- Soya
- Soybean (curd, granules)
- Soy protein (concentrate, hydrolyzed, isolate)
- Soy sauce
- Tamari
- Tempeh
- Textured vegetable protein (TVP)
- Tofu

Soy is sometimes found in the following:

- Asian cuisine
- Vegetable gum
- Vegetable starch
- Vegetable broth

Always check these items for soy:

- Baked goods (e.g., pastries, cookies)
- Canned tuna
- Cereals
- Cookiess
- Crackers
- Energy bars
- Infant formulas
- Process meats
- Sauces
- Canned broths
- Soups
- Peanut butter