



SOY FREE DIET INFORMATION SHEET

Avoid all food products that contain **soy** as an ingredient (required by U.S. law to list the word "**soy**" on the product label.)

Avoid **soy in all forms** (soy albumin, soy protein, soy cheese, soy fiber, soy flour, soy grits, soy ice cream, soy milk, soy nuts, soy sprouts, soy yogurt).

Avoid foods that use other words that mean, contain or may contain soy:

- edamame
- hydrolyzed vegetable protein or plant protein
- miso
- natto
- shoyu
- soybean (curd, granules)
- soy protein (concentrate, hydrolyzed, isolate)
- soy sauce
- tamari
- tempeh
- textured vegetable protein (TVP)
- tofu
- vegetable broth (vegetable gum, vegetable starch)

Avoid Asian cuisine.

Most soy allergic individuals **can eat foods with soy oil and soy lecithin safely.**

For additional information: www.foodallergy.org