

Guidelines for Managing Food Allergies

Soy Allergies

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Remember to **ALWAYS** read food labels carefully and watch for hidden allergens. Hidden allergens are ingredients derived from or containing major food allergens with common names that may be unfamiliar to consumers. **Foods or ingredients to AVOID if allergic to soy:** (This is not an exhaustive list.)

Margarines

Meat substitutes

Miso

Soy

Soybeans

Soy-based infant formulas

Soy flour

Soy milk

Soy nuts

Soy protein isolate
(can be found in many seasonings)

Soy sauce

Tamari (soy) sauce

Tempeh

Teriyaki sauce

Texturized vegetable protein

Tofu

Vegetable gum

Vegetable starch

Substitutes

Meat

Other grain flours (other than soy flour)

Other vegetable oils

Alternative food sources that provide important nutrients if avoiding soy

Protein: meats, poultry, fish, dairy products, dried beans (other than soybean), nut butters

Note: Most commercial soybean oil is highly refined and most allergenic proteins have been removed. However, if the words “cold-pressed” or “expeller-pressed” are on the label to describe the oil, the allergens may have not been removed and the oil should be avoided. Calling the manufacturer may be the only way to know definitively if the protein has been removed.

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