

Soy-Free Diet

All FDA-regulated manufactured food products that contain egg 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
- Miso
- Natto
- Shoyu
- Soy albumin
- Soy cheese
- Soy fiber
- Soy flour
- Soy grits
- Soy ice cream
- Soy milk
- Soy nuts
- Soy protein (concentrate, hydrolyzed, isolate)
- Soy sauce
- Soy sprouts
- Soy yogurt
- Soya
- Soybean (including curd, granules)
- Tamari
- Tempeh
- Textured vegetable protein (TVP)
- Tofu

Soy is sometimes found in the following:

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

Keep the following in mind:

- **The FDA exempts highly refined soybean oil from being labeled as an allergen.** Studies show that most allergic individuals can safely eat soy oil that has been highly refined - this exemption does **not** include 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.

Reference: Food Allergy & Anaphylaxis Network (www.foodallergy.org)
