



How to Read a Label for a SOY-FREE DIET

AVOID foods that contain any of the following ingredients:

Edamame – fresh/frozen green soy beans
Miso
Shoyo Sauce
Soy flour, soy grits, soy milk, soy nuts, soy sprouts
Soybean granules, soybean curd
Soy protein concentrate, soy protein isolate
Soy sauce
Tempeh
Textured vegetable protein (TVP)
Tofu

Label ingredients that **MAY** indicate the presence of **SOY PROTEIN**
(please call the manufacturer before using):

Flavorings (soy is often used as a carrier protein for other flavoring)
Hydrolyzed plant protein
Hydrolyzed soy protein
Hydrolyzed vegetable protein
Natural flavoring
Vegetable broth
Vegetable gum
Vegetable starch

- ▶ Soybeans and soy products are found in baked goods, canned tuna, cereals, crackers, infant formulas, sauces, and soups. At least one brand of peanut butter lists soy on the label.
- ▶ Studies show that most soy allergic individuals may safely eat soy lecithin and soy oil.