

**FAIRFIELD COUNTY ALLERGY, ASTHMA & IMMUNOLOGY ASSOCIATES, P.C.**

ADULT AND PEDIATRIC ALLERGY, ASTHMA AND CLINICAL IMMUNOLOGY

DIPLOMATES OF THE AMERICAN BOARD OF ALLERGY & IMMUNOLOGY

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## **SOY FREE DIET**

The soy free diet is a modification of the normal diet with the elimination of soybeans, and all foods containing by-products of soybeans. Soybeans are a legume and are a staple in some Asian cuisines. The following ingredients should be avoided.

### **Ingredients to avoid:**

- Hydrolyzed soy protein
- Miso
- Shoyo sauce
- Soy flour
- Soy grits
- Soy nuts
- Soy milk
- Soy sprouts
- Soy protein concentrate
- Soy protein isolate
- Soy sauce
- Tempeh
- Textured vegetable protein (TVP)
- Tofu

### **The following ingredients MAY indicate the presence of soy protein:**

- Flavoring
- Hydrolyzed vegetable protein
- Hydrolyzed plant protein
- Natural flavoring
- Vegetable broth
- Vegetable gum
- Vegetable starch

### **Noteworthy**

- Food companies continually change product recipes so **ALWAYS** read labels. **ALWAYS** ask about ingredients in restaurants, bakeries, etc. **ALWAYS** call the manufacturer if you have a question (they will be most accommodating if you tell them you have a soy allergy).  
**WHEN IN DOUBT: DO NOT EAT IT!**

(continued)

**Other hints on what to avoid and soy-free suggestion**

- Avoid obvious sources of soy in the diet as listed above, including tofu (soybean curd), soybeans, soy grits, soy flour, soy formulas, soy granules, soy milk, soy sauce, miso, and tempeh. MOST, but not all, soy-allergic patients can tolerate soy lecithin.
- Do not eat meats or other products containing hydrolyzed vegetable protein, texturized vegetable protein, or vegetable protein unless you are certain that they do not contain soy protein.
- A large variety of food categories MIGHT may contain soy protein (read labels carefully):
  - Asian food
  - Baked goods and desserts (because of Soya in the flour)
  - Breakfast cereals
  - Candy
  - Canned or packaged meats, fish, or soup
  - Cheese substitutes
  - Coffee replacements
  - Milk or cream replacements
  - Pastas
  - Sauces
  - Vegetable sprays
- Avoid cold-pressed soybean oils or other soybean oil products that contain residual soy proteins. (Many soybean oils are now believed to be non-allergenic.)