



Note: For your convenience, the following list is available on a sturdy wallet-sized plastic card from The Food Allergy & Anaphylaxis Network. The price is \$2.00. Call (800) 929-4040 to order.

Soy-Free Diet

<p><i>Avoid foods that contain soy or any of these ingredients:</i></p> <p>edamame hydrolyzed soy protein miso natto shoyu sauce soy (<i>soy albumin, soy fiber, soy flour, soy grits, soy milk, soy nuts, soy sprouts</i>) soya soybean (<i>granules, curd</i>) soy protein (<i>concentrate, isolate</i>) soy sauce Tamari Tempeh textured vegetable protein(<i>TVP</i>) tofu</p>	<p><i>May indicate the presence of soy protein:</i></p> <p>Asian cuisine flavoring (<i>including natural and artificial</i>) vegetable broth vegetable gum vegetable starch</p> <ul style="list-style-type: none"> • Studies show most individuals allergic to soy may safely eat soy lecithin and soybean oil.
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