Soy Allergies

How to Read a Label for a Soy-Free Diet

Avoid foods that contain any of these ingredients:
Hydrolyzed soy protein
Miso
Shoyu sauce
Soy (albumin, flour, grits, nuts, milk, sprouts)
Soybean (granules, curd)
Soy protein (concentrate, isolate)
Soy sauce
Tamari
Tempeh
Textured vegetable protein (TVP)
Tofu

Label ingredients that may indicate the presence of soy protein:
Hydrolyzed plant protein
Hydrolyzed vegetable protein
Natural flavoring
Vegetable broth
Vegetable gum
Vegetable starch

*Studies show that most soy allergic individuals may safely eat soy lecithin and soy (soybean) oil.