

## Soy Allergy

Soy is considered to be a major allergen. Most soy allergies begin in infancy with a reaction to soy-based infant formula. Most children outgrow soy allergies, however, some carry the allergy into adulthood. The only treatment for a soy allergy is to strictly avoid all food products that contain a soy protein ingredient.

The following foods/ingredients should be avoided on a soy free diet:

Edamame  
Glycine Max  
Hoisin  
Miso  
Mono-diglyceride  
Monosodium glutamate (MSG)  
Natto (fermented soy)  
Shohy Sauce  
Soy dairy (milk, cheese, yogurt, ice cream, etc.)  
Soy- flour, fiber, grits, albumin  
Soy nuts  
Soy protein (including -concentrated, isolate, hydrolyzed)  
Soy sauce  
Soy sprouts  
Soya  
Soybean (curd, granules)  
Tamari  
Tempeh  
Texturized vegetable protein (TVP)  
Tofu  
Vegetable Oil

Soy may be found in the following products, read labels carefully:

Asian Cuisine	Rice
Baked goods	Salad dressings
Breakfast cereals	Sauces (ex. Worcestershire sauce)
Broths	Tortillas
Canned soups	Vegetable gum
Cereals/Crackers	Vegetable starch
Gravies or sauces	Vitamin E – (may contain soybean oil)
High protein energy bars/snacks	Waffles
Hydrolyzed Vegetable protein (HVP)	
Infant formulas	
Marinades	
Margarines	
Nutritional bars and supplements	
Pancakes	
Pasta	
Pretzels	
Processed meats	

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**\*\* Note\*\*** Many people who have a soy allergy can safely consume soy lecithin and soybean oil. However, consult with your physician before consuming.

### Foods that typically don't contain soy:

Cream cheese  
Milk  
Pudding, without soy ingredients  
Sour cream  
Yogurt  
Meat (fresh or frozen)  
Fish/Shellfish (fresh or frozen)  
Eggs  
Dried beans and peas, except soy  
Nuts and seeds, without soy  
100% vegetable juices (fresh, frozen, canned)  
100% fruit juices (fresh, frozen, canned)  
Butter  
Vegetable oils  
Herbs and spices  
Mustard, ketchup, and relish  
Gelatin  
Honey  
Jam, jelly, marmalade, and preserves  
Sugar  
Maple syrup

### Additional resources:

<http://www.foodallergy.org/allergens/soy-allergy>

<http://www.mayoclinic.org/diseases-conditions/soy-allergy/basics/prevention/con-20031370>

<http://www.aafa.org/display.cfm?id=9&sub=20&cont=522>

[https://my.clevelandclinic.org/health/diseases\\_conditions/hic\\_Allergy\\_Overview/hic\\_Food\\_Allergies/hic\\_Soy\\_Allergy](https://my.clevelandclinic.org/health/diseases_conditions/hic_Allergy_Overview/hic_Food_Allergies/hic_Soy_Allergy)

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