



Soy-Free Guide

Learn to Read Food Labels

Learn to read food labels to identify obvious and hidden sources of soy in foods. Soy is one of the eight major allergens that must be listed on packaged foods sold in the United States, as required by federal law.

The Food Allergen Labeling & Consumer Protection Act (FALCPA) requires manufacturers to list soy ingredients on product labels in plain, easy-to-understand language. However, the FALCPA does not require a manufacturer whose products contain refined soy oil and/or soy lecithin as a releasing agent to mention 'contains soy' on their label as some studies show some allergic individuals can safely eat soy oil that has been highly refined (not cold pressed, expeller pressed, or extruded soybean oil) and soy lecithin.

However, this is contradictory to the research that shows that trace amounts of soy proteins are present in soybean oil and lecithin. Follow your healthcare provider's advice regarding soy oil or soy lecithin ingredients.

Soy is Sometimes Found in the Following (contact the manufacturer to find out source of ingredient):

- Natural flavorings
- Stabilizer
- Thickener
- Vegetable broth
- Vegetable gum, oil, shortening, or starch
- Vitamin E or mixed tocopherols

Avoid Foods that Contain Soy Ingredients

Edamame	Soy grits	Soy protein (concentrate, hydrolyzed, isolate)
Lecithin	Soy ice cream	Soy sauce
Miso	Soy milk	Soybean sprouts
Natto	Soy nuts	Tamari
Shoyu	Soy sprouts	Tempeh
Soy	Soy yogurt	Textured vegetable protein (TVP)
Soy albumin	Soya	Tofu
Soy cheese	Soybean (curd, granules)	Yuba
Soy fiber	Soybean oil	
Soy flour		

Some Unexpected Sources of Soy

Baked goods
 Canned broths and soups
 Canned tuna and meat
 Cereals
 Cookies
 Crackers
 High-protein energy bars and snacks
 Infant formulas
 Mayonnaise
 Peanut butter
 Processed meats
 Sauces
 Waxes or oils used on fruits

Alternatives to Soy Foods

- Avocado oil, coconut oil, or olive oil mayonnaise
- Almond, flax, hemp, macadamia, oat, or rice milk
- Chickpea miso
- Chickpea tofu
- Coconut aminos to replace soy sauce, shoyu, and tamari
- Coconut yogurt
- Green peas or cashews to replace edamame in salads and stir-frys
- Hemp, pea, rice, or other soy-free protein powder
- Hempeh® made with peanuts and hemp seed to replace tempeh

Household and Personal Care Products Which May Contain Soy*

Candles
 Lubricants
 Moisturizers
 Paints, plastics, cleaners
 Prescription and over-the-counter medications
 Shampoos and soaps

** Soy sensitive individuals with skin or respiratory conditions, or who use medications that contain soy ingredients, should follow their healthcare provider's advice regarding skin or inhalant and medication exposure to soy products.*