



## Soy Free Diet Guide

### Soy-Free Diet

#### Ingredients to avoid:

Edamame (soybeans in pods)	Soy milk; soybean milk
Hydrolyzed soy protein	Soy nuts
Kinnoko flour	Soy protein; soy protein isolate
Kyodofu (freeze-dried tofu)	Soy sauce
Miso; soy miso	Soy sprouts
Modified food starch	Soybean granules
Natta	Supro
Okara (soy pulp)	Tamari
Shoyu sauce	Tempeh
Soy albumin	Textured Vegetable Protein (TVP)
Soy concentrate	Tofu
Soy flour; soybean flour	Yakidofu

#### Soy is sometimes found in the following:

Asian cuisine  
Vegetable gum  
Vegetable starch  
Vegetable broth

#### Some Unexpected Sources of Soy

Soybeans and soy products are found in many foods, including baked goods, canned tuna and meat, cereals, cookies, crackers, high-protein energy bars and snacks, infant formulas, low-fat peanut butter, processed meats, sauces, and canned broths and soups.

#### Food and products that contain or often contain soy:

- Bean sprouts
- Bread crumbs, cereals and crackers
- Breaded foods
- Hydrolyzed plant protein (HPP), hydrolyzed soy protein (HSP) and hydrolyzed vegetable protein (HVP)
- Imitation dairy food
- Infant formula, follow-up formula, nutrition supplements for toddlers and children
- Meal replacements

- Meat products with fillers, for example, burgers and prepared ground meat products
- Mexican foods, for example, chili, taco fillings and tamales
- Miso
- Nutrition supplements
- Sauces, for example, soy, shoyu, tamari, teriyaki, Worcestershire
- Simulated fish and meat products, for example, surimi, imitation bacon bits, vegetarian burgers
- Stews, for example, in gravies
- Tempeh
- Vegetarian dishes

#### Other possible sources of soy:

- Baked goods and baking mixes
- Beverage mixes, for example, hot chocolate and lemonade
- Canned tuna and minced hams, for example, seasoned or mixed with other ingredients for flavour
- Chewing gum
- Cooking spray, margarine, vegetable shortening and vegetable oil, vegan spreads
- Dressings, gravies and marinades,
- Frozen desserts
- Lecithin
- Milled corn
- Meat products with fillers, for example, preprepared hamburger patties, hotdogs and cold cuts, 'plumped' chicken
- Seafood based products and fish
- Seasoning and spices
- Snack foods, for example, soy nuts and snack food seasonings
- Soups, broths, soup mixes and stocks
- Soy pasta
- Spreads, dips, mayonnaise, vegan 'mayo', and peanut butter
- Thickening agents
- Mono-diglyceride
- Monosodium glutamate (MSG) (may contain hydrolyzed protein)

#### Non-food sources of soy:

Cosmetics and soaps, craft materials, glycerine, milk substitutes for young animals, pet food, vitamins