

Reading a Label for Soy Allergy

Soybean (soy) allergy is rare in adults, but it is common in infants and young children. Avoiding soy can be difficult since it is in many foods. It can be in many processed foods like:

- Baked goods
- Canned tuna
- Cereals
- Crackers
- Soups
- Sauces

Soy is also very common in Asian food.



The Food Label

Soy is required to be listed on the Nutrition Facts food label. The label will either say “soy” in the ingredient list or say “contains soy” below the ingredient list.

The following ingredients **contain soy and are not safe**.



- Edamame
- Hydrolyzed soy protein
- Miso
- Natto
- Shoyu sauce
- Soy (listed as soy albumin, fiber, flour, grits, nuts, milk, or sprouts)
- Soy protein (concentrate, isolate)
- Soy sauce
- Soya
- Soybeans (granules, curd)
- Tamari
- Tempeh
- Textured vegetable protein (TVP)
- Tofu

Soy oil and soy lecithin are not usually restricted. The protein, which causes the allergy, is removed. To allow food with soy oil and soy lethicin will take **careful label reading**.

The following foods or ingredients **may contain soy**. If there is soy in the product, it will be listed on the label. You may also check with the product maker to be sure.

- Hydrolyzed plant protein
- Hydrolyzed vegetable protein
- Natural flavoring
- Vegetable broth
- Vegetable gum
- Vegetable starch
- Flavorings

