

Soy Allergy Avoidance List

Hidden names for soy protein

Effective January 1, 2006, foods covered by the FDA labeling laws that contain soy must be labeled in plain English to declare that it “contains soy.” However, there are many foods and products that are not covered by FDA allergen labeling laws, so it is still important to know how to read a label for soy ingredients.

*Products exempt from plain English labeling rules: [foods that are not regulated by the FDA](#), cosmetics and personal care products, prescription and over-the-counter medications or supplements, pet food, toys and crafts. ***The FDA has exempted soy oil from being labeled as an allergen.***

The following ingredients found on a label indicate the presence of soy protein. All labels should be read carefully before consuming a product, even if it has been used safely in the past.

Contain soy:

Edamame (soybeans in pods)
Hydrolyzed soy protein
Kinnoko flour
Kyodofu (freeze dried tofu)
Miso
Natto
Okara (soy pulp)
Shoyu sauce
Soy albumin
Soy bran
Soy concentrate
Soy fiber
Soy flour, soya flour
Soy formula
Soy grits
Soy milk
Soy nuts, soy nut butter
Soy protein, soy protein concentrate, soy protein isolate



Soy sauce
Soy sprouts
Soya, soybeans
Soybean granules
Soybean curd
Soybean flour
Soy lecithin*
Soybean paste
Supro
Tamari
Tempeh
Teriyaki sauce
Textured soy flour (TSF)
Textured soy protein (TSP)
Textured vegetable protein (TVP)
Tofu
Yakidofu
Yuba (bean curd)

May contain soy:

Artificial flavoring
Asian foods (e.g. Japanese, Chinese, Thai, etc.)
Hydrolyzed plant protein
Hydrolyzed vegetable protein (HVP)

Should be safe: Soy oil, vegetable oil derived from soy

Natural flavoring
Vegetable broth
Vegetable gum
Vegetable starch

[Print travel-size cards for soy allergy](#)