





# Print Version: Soy Allergy Avoidance List

## Hidden names for soy protein

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. Print and share copies of this list to assist people who shop or label read for your soy allergic child.

<p><b>Contains Soy:</b> Edamame, soybeans Hydrolyzed soy protein Kinnoko flour Kyodofu Miso Natto Okara Shoyu sauce Soy albumin Soy bran Soy concentrate Soy fiber</p> <p><b>May Contain Soy:</b> <i>Artificial flavoring, natural flavoring</i> <i>Hydrolyzed plant protein or hydrolyzed vegetable protein</i> <i>Vegetable broth, vegetable gum or vegetable starch</i></p> <p><b>Should be Safe:</b> <i>Soy oil or vegetable oil</i></p>	<p>Soy flour, soybean flour Soy formula, soy milk Soy grits Soy miso Soy nuts, soy nut butter Soy protein, soy protein concentrate, soy protein isolate Soy sauce Soy sprouts Soya, soya flour Soybean granules Soybean curd</p>	<p>Soy lecithin Soybean paste Supro Tamari Tempeh Teriyaki sauce Textured soy flour Textured soy protein Textured vegetable protein Tofu Yakidofu Yuba</p>  <p><a href="http://www.kidswithfoodallergies.org">www.kidswithfoodallergies.org</a></p>	<p><b>Contains Soy:</b> Edamame, soybeans Hydrolyzed soy protein Kinnoko flour Kyodofu Miso Natto Okara Shoyu sauce Soy albumin Soy bran Soy concentrate Soy fiber</p> <p><b>May Contain Soy:</b> <i>Artificial flavoring, natural flavoring</i> <i>Hydrolyzed plant protein or hydrolyzed vegetable protein</i> <i>Vegetable broth, vegetable gum or vegetable starch</i></p> <p><b>Should be Safe:</b> <i>Soy oil or vegetable oil</i></p>	<p>Soy flour, soybean flour Soy formula, soy milk Soy grits Soy miso Soy nuts, soy nut butter Soy protein, soy protein concentrate, soy protein isolate Soy sauce Soy sprouts Soya, soya flour Soybean granules Soybean curd</p>	<p>Soy lecithin Soybean paste Supro Tamari Tempeh Teriyaki sauce Textured soy flour Textured soy protein Textured vegetable protein Tofu Yakidofu Yuba</p>  <p><a href="http://www.kidswithfoodallergies.org">www.kidswithfoodallergies.org</a></p>
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