

Soy Allergy Avoidance List

Hidden Names for Soy

Compiled by Debra A. Indorato RD, LDN, member of KFA's Medical Advisory Team

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 (tinyurl.com/KFA-FALCPA), cosmetics and personal care products, prescription and over-the-counter medications or supplements, pet food, toys and crafts.



CONTAIN SOY

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.

Bean curd	Soya
Edamame (soybeans in pods)	Soya Flour
Hydrolyzed soy protein	Soybeans
Kinnoko flour	Soybean granules
Kyodofu (freeze dried tofu)	Soybean curd
Miso	Soybean flour
Natto	Soy lecithin*
Okara (soy pulp)	Soybean paste
Shoyu sauce	Supro
Soy albumin	Tamari
Soy bran	Tempeh
Soy concentrate	Teriyaki sauce
Soy fiber	Textured soy flour (TSF)
Soy flour	Textured soy protein (TSP)
Soy formula	Textured vegetable protein (TVP)
Soy grits	Tofu
Soy milk	Yakidofu
Soy miso	Yuba (bean curd)
Soy nuts	
Soy nut butter	
Soy protein, soy protein concentrate, soy protein isolate	
Soy sauce	
Soy sprouts	

MAY CONTAIN SOY

Artificial flavoring
Asian foods (e.g. Japanese, Chinese, Thai, etc.)
Hydrolyzed plant protein
Hydrolyzed vegetable protein (HVP)
Natural flavoring
Vegetable broth
Vegetable gum
Vegetable starch

SHOULD BE SAFE

Soy oil (except cold pressed, expeller pressed or extruded soybean oil)

Vegetable oil derived from soy

These soy derivatives should be safe for most soy-allergic individuals.

*Products that are covered by the FDA labeling laws and contain soy lecithin must be labeled "contains soy."

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TAKE ALL FOOD ALLERGIES SERIOUSLY ■ TRACE AMOUNTS OF FOOD CAN CAUSE A REACTION

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.

Products exempt from plain English labeling rules: foods that are not regulated by the FDA (tinyurl.com/KFA-FALCPA), cosmetics and personal care products, prescription and over-the-counter medications or supplements, pet food, toys and crafts.

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