



SOY ALLERGY Chef Cards

Take all food allergies seriously. • Read all ingredient labels.

Soy can appear on food labels under many different names. To avoid soy in foods and other products, it helps to learn the different names of soy. If you see these ingredients on a label or menu, it means it contains soy protein and is not safe for someone with soy allergy. If the product is regulated by the Food and Drug Administration (FDA), the word "soy" must appear on the label.

When you eat out, use these chef cards to let the restaurant staff know how to help you avoid allergic reactions to soy.

**I have a soy allergy!
I must avoid all foods that contain soy.**

Contains Soy

Bean curd	Soy concentrate	Soybean curd
Hydrolyzed soy protein	Soy fiber	Soybean flour
Kinako	Soy formula	Soy lecithin
Koya dofu	Soy grits	Soybean paste
Miso	Soy miso	Supro
Natto	Soy nuts, nut butter	Tamari
Okara	Soy protein, protein concentrate, protein isolate	Tempeh
Shoyu	Soy sauce	Teriyaki sauce
Soy albumin	Soy sprouts	Textured soy flour
Soy cheese, ice cream, milk, yogurt	Soya, soya flour	Textured soy protein, vegetable protein
	Soybeans, edamame	Tofu
	Soybean granules	Yaki-dofu
		Yuba

Soy Is Sometimes Found in

Artificial flavoring, natural flavoring	Grains	Processed meats, sausages, sauces
Asian foods	High protein foods	Vegan, vegetarian, plant-based foods
Baked goods	Hydrolyzed plant protein	Vegetable broth
Canned broths, soup	Hydrolyzed vegetable protein	Vegetable gum
Canned meat, fish	Infant formulas	Vegetable starch

Please check all foods for the ingredients on this card, including cooking oils, marinades, sauces, and seasonings. Use separate and clean utensils, equipment, surfaces, and gloves.

KFA For more detailed information and a list of resources, please visit: kidswithfoodallergies.org/soy
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CHEF: FOOD ALLERGY ALERT

I have food allergies!
 In order for me to avoid an allergic reaction, I **must avoid** all food that contain:

<input type="checkbox"/> Milk	<input type="checkbox"/> Egg	Other Allergens: _____
<input type="checkbox"/> Peanut	<input type="checkbox"/> Tree Nuts	_____
<input type="checkbox"/> Wheat	<input type="checkbox"/> Gluten	_____
<input type="checkbox"/> Sesame	<input type="checkbox"/> Soy	_____
<input type="checkbox"/> Fish	<input type="checkbox"/> Shellfish	_____

Before preparing my food, please take these steps to help keep me safe. I appreciate you!

- Read labels to look for the allergens listed on the front of this card. Please check all foods including cooking oils, marinades, sauces and seasonings.
- Please use separate and clean utensils, equipment and surfaces to prepare my meal.
- Wash hands with soapy water and change gloves.

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